

Practical essays and remarks on that species of consumption incident to youth, and the different stages of life, commonly called tabes dorsalis : with an account of the nature, causes, and cure of that distemper, and the diseases arising therefrom, especially the nervous atrophica, and the phthisis, or consumption in general : to which are added, extracts from the works of the most distinguished practitioners of the present and former ages, coinciding with the author's own practice and experience, demonstrating the baneful effects of unnatural venery on the finest functions in the animal oeconomy / by Henry St. John Neale.

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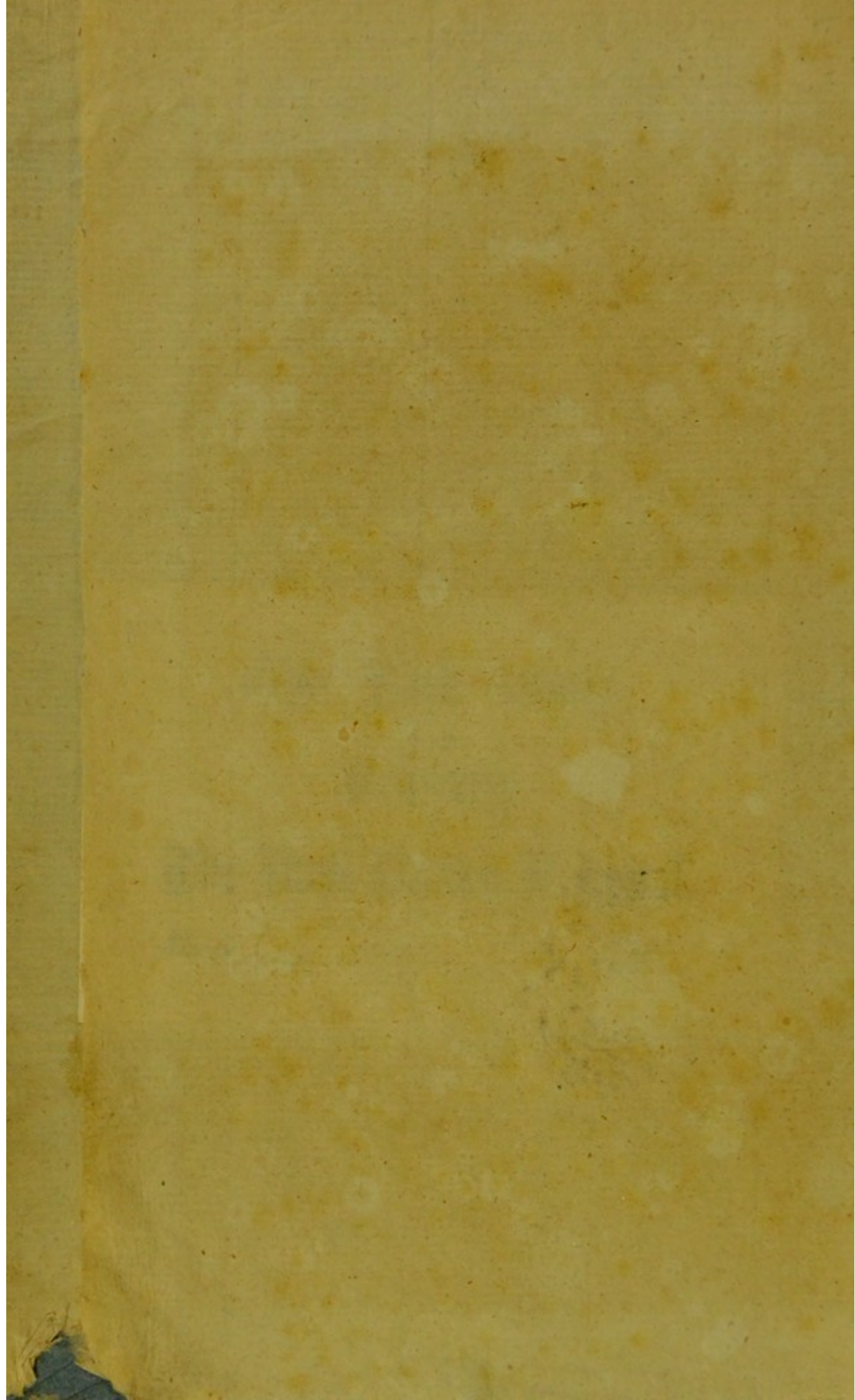
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PRACTICAL ESSAYS
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ON THAT SPECIES OF CONSUMPTION
INCIDENT TO YOUTH,
AND THE DIFFERENT STAGES OF LIFE,
COMMONLY CALLED

TABES DORSALIS;

WITH
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FROM, ESPECIALLY THE NERVOUS ATROPHIA,

AND
THE PHTHISIS, OR CONSUMPTION IN GENERAL.

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Extracts from the Works of the most distinguished Practitioners
of the present and former Ages, coinciding with the Author's
own Practice and Experience, demonstrating the baneful Effects
of unnatural Venery on the finest Functions in the

ANIMAL ŒCONOMY.

BY HENRY ST. JOHN NEALE,

Fellow of the Royal Academy of Surgery in Paris, of the University of Leyden, and
Surgeon in London, formerly Surgeon Major to the Duke of Northumberland's Regi-
ment, or Fifth Battalion of Infantry, and to the Royal Military Hospital at Chatham.

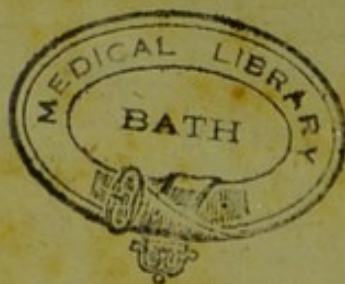
— etiam Parnassia laurus
Parva, subingenti matris se subiecit umbra. Virg.

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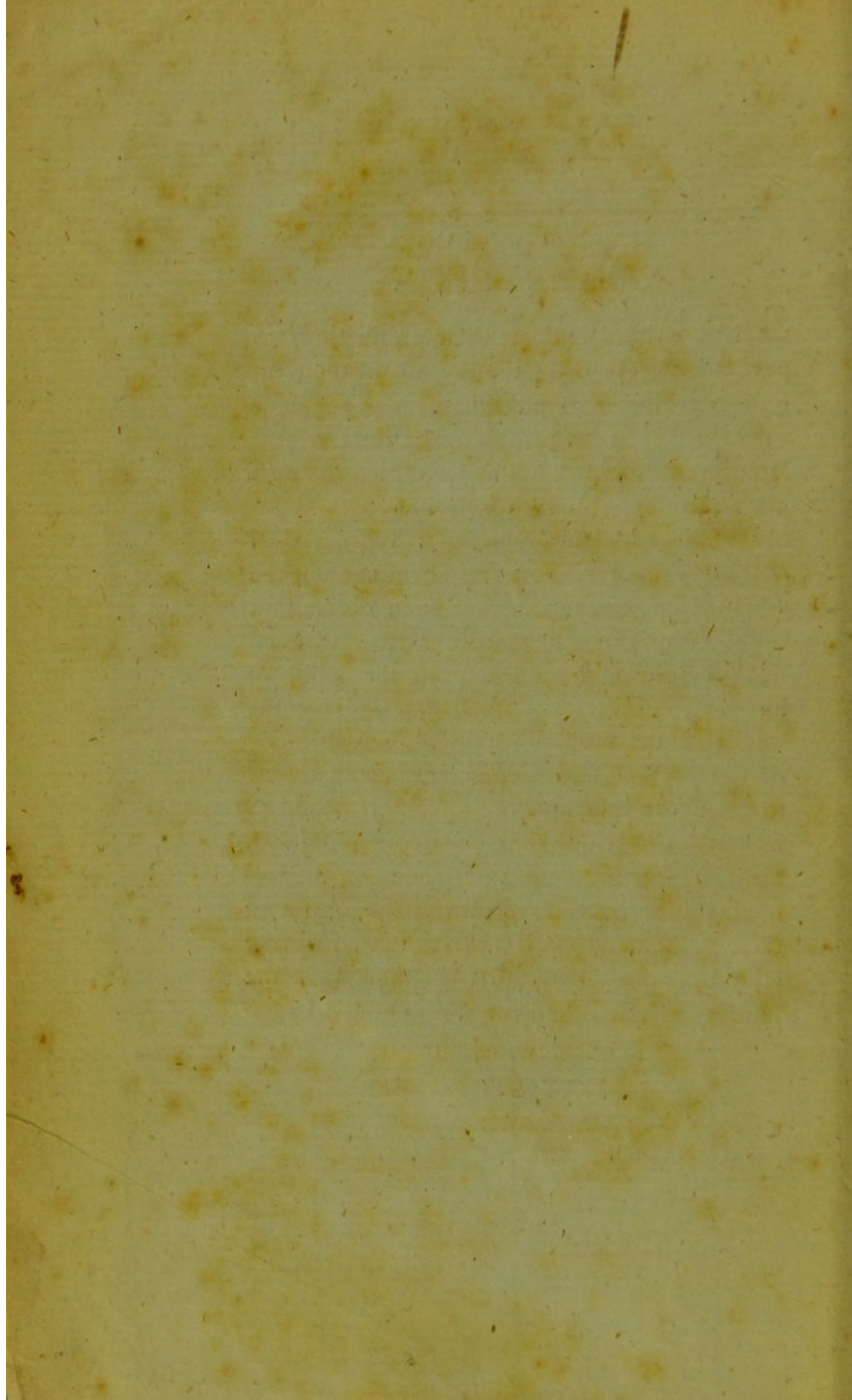


TO THE PUBLIC.

SOME writers dedicate their productions to particular great men; the Author of these inquiries presumes to publish them under your auspices. The favourable reception the first Edition of this work has met with, has induced him to present you with a Second, considerably enlarged, and containing a great deal more new matter. On this account, and the advance upon paper, he has been obliged to raise its price. The Author has, with no small labour and assiduity, in the midst of hurrying and extensive practice, pored over the works of the most distinguished practitioners of the present and former ages, with a view to get every information, and he is proud to find such illustrious characters coinciding with his own practice and experience, on the following subjects. As health is the object of these thoughts, an object certainly well worthy attention; may the perusal of them have the salutary effect wished for and intended by

Your devoted humble Servant,
HENRY ST. JOHN NEALE.

*Corner of Greek-street and Soho-square,
April 27, 1800.*



INTRODUCTION

TO THE

SECOND EDITION.

MANKIND are much interested in the importance of the Remarks and Observations which make the subject of the following pages, for it may be said that much of their happiness in life, and even the continuation of the human species in a great measure depend. Besides, it takes in a large part of other diseases to which the human body is subject, and but too often prove fatal, from a wrong management.

No other motive than that powerful one, the utility which such a work, founded upon long practice and experience, might be to mankind, (on ac-

count of its delicacy,) could have prevailed upon the Author to undertake it; and this, in fact, is the only one that has determined him to attempt it. Besides, he has met with so many opportunities of treating those complaints successfully, that all that he advances in the cases here recorded is founded upon his own knowledge; whereon his readers may rely. Hypothetical principles have done an infinite deal of mischief in this respect, and it requires a more than ordinary degree of sagacity and medical knowledge, rightly to distinguish the various kinds of diseases incident to the animal œconomy. To write well on diseases, it is absolutely necessary, among other qualifications, to be well acquainted with, and to have had a large share of practice. No sensible Physician can ever suppose, that his knowledge or dignity consists in being educated at any particular College, or in any particular Country, nor will any but those who have nothing else to recommend themselves assume airs of importance on such a superficial

ficial foundation. The acquisition of knowledge does not depend on place, nor long residence in any learned seminary, but on the industry and mental endowments of the student, and a fervent desire to avail himself of every opportunity of acquiring the practical part, which the Author has ever looked upon as the foundation of the healing art. The malady commonly called *Tabes Dorsalis*, which makes the chief part of these Essays, was a complaint well known to the Greek Physicians of antiquity. But their ignorance of the anatomy of the human machine prevented them from forming a just idea of it; for in those days human bodies were forbidden to be dissected, and their knowledge was only founded on those of brutes. Hippocrates says, it is caused by a wasting of the marrow of the back-bone, in an unnatural way; by which, he makes no doubt but this illustrious veteran meant the sperm or seminal liquor. “The patient,” says he, “is free from fever, sometimes eats and digests well, and if you ask him with re-

“spect to his state, he tells you, that he
 “feels a cold running stream from the su-
 “perior parts of his body [his head, I sup-
 “pose] into the spine of his back, and
 “when he discharges his urine or excre-
 “ments, but more frequently the latter,
 “there is sometimes a copious evacuation
 “of liquid semen. This man,” continues
 our sage Philosopher, “is incapable of pro-
 “pagating his species, or answering the
 “purposes of the marriage bed, till such
 “time as the healing art affords him relief.
 “He is generally short-breathed,” says our
 author, “feels weak and languid, espe-
 “cially after exercise, and sleep does not
 “afford him the wished for refreshment.
 “An intermitting dimness of sight some-
 “times attacks him, his memory fails, and
 “his spirits are dejected.”

This description is admirable ! Had this
 great man been versed in the anatomy of
 the generative functions of man, how much
 more might have been expected from him !
 Our bodies suffer a continual waste, and
 if

if we could not repair this waste, we should soon sink into a state of mortal weakness. This reparation is performed by aliments, but these aliments must undergo different preparations, which are comprehended under the word nutrition. When once this is either not produced, or but badly, all these aliments become useless; and such disorders must inevitably ensue, as are the general attendants of extreme debility. Of all the causes that prevent nutrition, there are none perhaps more frequent than too copious evacuations. Such is the frame of our machine, and of animal machines in general, that for these aliments to acquire this degree of preparation, necessary for the reparation of the body, it is necessary that a certain quantity of humours ready prepared and naturalized should be always at hand. If this condition is wanting, the digestion and concoction of the aliments are imperfect, and the more imperfect, in proportion as the deficient humour happens to be of a more elaborate kind. Such is the male semen, it being of the greatest importance in the animal

animal œconomy. The feminal liquor or sperm, has so great an influence upon the powers of our body, and upon perfect digestion, which repairs them, that the distinguished practitioners of antiquity, and indeed some of the present age, have been of opinion, that the loss of an ounce of this humour, in an unnatural way, would weaken the body more than forty ounces of blood.

A nurse, who should die by the loss of some pounds of blood, within 24 hours could have furnished the same quantity of milk to her child three or four hundred days successively, without being sensibly out of order, because milk is of all other humours the least elaborated; it is also a fluid in some shape adventitious; but blood, and the semen secreted from it, is the most essential of all humours.

An idea may be formed of the importance of the feminal liquor, by observing the effects it produces as soon as it begins to be formed; the voice, the physiognomy, the very features of the face change; the beard grows, and the whole body often takes another

ther appearance, because the muscles acquire a thickness and firmness, which make a sensible difference between the body of an adult person, and that of a youth not yet arrived at the age of puberty. But these changes are sometimes prevented by destroying the organ, which serves to separate the liquor that produces them, hence an amputation, or a decay of the testicles, even at the age of virility, has been known to make the beard fall, and a puerile voice return.* We may therefore conclude, that the power of its operation upon our bodies cannot be questioned; or can any one doubt of the various ills that must necessarily follow, from a profuse evacuation of a humour that is so precious? Its destination determines the only proper method of its being evacuated.

Certain distempers cause it sometimes to run off. It may be involuntarily lost in dreams. The Author of Genesis has given us the history of the crime of pollution in the person of Onan, in order doubtless to transmit to us that of his chastisement: we

* Vide Boerhaave, *Prelect. ad Institut.*

are told also by Galen, that illustrious Physician of antiquity, of the shattered and withered frames of the Cynic Philosophers, especially Diogenes, who committed this crime.

If the dangerous effects of too abundant a discharge of this liquor depended only upon the quantity, or were the same when the quantities were equal, it would be of little importance in a physical sense, whether this evacuation was occasioned by the natural or unnatural way ; but the manner is in this respect what makes the baneful consequence, and not the substance. The accidents which happen sometimes to such as waste themselves too much in a natural way, are dangerous, but those who waste themselves by pollution are terrible, and the evils which so often arise in consequence form a large branch of the subject in the following pages. But the close connection which they have with other diseases of the spermatic organs renders it necessary to describe them jointly.

Such

Such considerations induce the Author to hope that the account contained in these sheets will not prove unacceptable, and that the motives which have prevailed with him to offer a second Edition will sufficiently plead his apology for any imperfections that may appear in this performance, with regard to method or expression.

Greek-street, Soho-square,
April 27, 1800.

ERRATA.

Page 14, Top of Sect. 4, Part 1, *for* that species of consumption, the
Tabes Dorsalis, *read* A general view of the symptoms, and
mutual sympathy of body and mind, sometimes the at-
tendant on a Tabes Dorsalis.

22, In note, line 5, *for* he, *read* the.

28, Top of Sect. 1, Part 2, line 1, *for* excess, *read* effects.

65, Line 8, *for* comes, *read* come.

66, Line 22, *for* unfrequently, *read* not unfrequently.

93, Line 8, *for* conveys, *read* convey.

88, Line 22, *for* secretion, *read* secretions.

124, In note, line 4, *for* he, *read* the.

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PART I.

SECT I.

On the Division of Human Life.

PHILOSOPHERS are of different opinions about the divisions of human life; some divide it into four ages, others five, and others in a great many more. But to consider this matter strictly, years do not make up our ages, it is our vigour and temperament that distinguish them. We not unfrequently see a youth at twenty, older than a man at fifty; and sometimes one at threescore, younger, by having a good temperament of body, than those who have not passed their adolescent state. But the opinion most followed, is that which divides our life into five periods. The first is adolescence, which lasts from our birth to the

B

age

age of twenty-five, after which we grow no more. From twenty-five to thirty-five, or forty, is the flower of man's age, and that may be called youth. Age of consistency follows upon youth, and lasts to forty-one, or fifty; in which time, those who have not destroyed their powers in youth, find themselves of the same strength and temperament. The fourth age is the first old age, which lasts to sixty, and at last the decrepid age, which accompanies men to their graves.

Adolescence is also divided into several periods, among which, infancy has the first place; puerility comes next, and terminates at ten years. Age of discretion comes after, which some call *pubertas*, which lasts till eighteen; and last, adolescence, that bears the name of all that time to twenty-five years.

It is from the age of puerility to discretion, where the nervous system suffers the most severe shocks from the seminal fluid being discharged by pollution, or the unnatural way. These habits are contracted not unfrequently at school, till by length of time, as he advances farther in years, he then begins to feel its baneful effects: his nervous system becomes affected with alarming

ing sensations, sometimes the hypochondriac malady; the vital functions become impaired; a kind of gloomy melancholy not unfrequently attacks the unhappy sufferer, and in the company of women he is generally impotent.

The greatest number of cases that have fallen under my care, have taken their source from those stages of life, and are the most obstinate to conquer; the mouths of the ducts which empty the semen into the urethra being in general clogged with acrimonious stimulating matter.

S E C T II.

Of the external Genital Parts of Man.

THE external genital parts of man we call the viril member, which the ancients ranked among the number of their gods under the name of Fascinus, to teach us the empire it has acquired in the world—for they said, that no charms or enchantments could equal it. If perchance a woman should perceive it through some slight unfolding of the garments, their heart is at the

same instant inflamed with a passion that is with difficulty assuaged.

All ages have held it in great veneration, because it is the father of human-kind, and the origin of the rest of the parts we are composed of.

Villandre, as the history of France remarks, committed high treason, in touching the privy parts of Charles the IXth with his hands. The law of the Old Testament orders the woman's hand to be cut off, that should have scornfully, or injuriously, handled those parts; and that same law, as well as the New, doth not allow any man that has any defaults in the engendering parts to be admitted into the holy church.

And the Caffres, a warlike people, take pride in cutting off their enemies privities in their wars, and making presents of them to their wives and relations, who wear them about their necks as necklaces. This member, at the first view, may be taken for one piece, but when we examine it anatomically, it is composed of two or three distinct substances; viz. a cavernous body, and a spongy body, &c. compounded of nerves, arteries, and veins, with the common passage for the urine, and seed, placed in the middle. The glans, covered with its prepuce
at

at one of its extremities, is endowed with such tenderness and sensibility, that nature there seems to have established the throne of sensuality and pleasure in women's embraces. The nerves, when in good plight, bring spirits into its cavities, which increasing, swell the two bodies and the whole member. Its substance is neither solid nor bony. If it had been of the same nature of dogs and wolves, there would be great disorder in the several adventures of men and women; and there would be little occasion for witnesses to make out a rape. All this is not done without a mystery, nature having a design in all her enterprizes, and that hardness and firmness which the vigorous often feel against their own minds, doth not only animate them, and prompt them to copulation, but also darts the seminal matter with force into the womb. But this is not the case with the impotent, or those who have been addicted to the crime already mentioned, from a deficiency of that nervous spirit so necessary towards manhood.

It has been generally said by the anatomists of old, as well as the present day, that the erection of the penis was owing to the blood passing through the arteries into

the cells of the corpora cavernosa, and hindered in its return by the veins; and this account has been credited, because injections thrown into the artery easily passed into the cells of the corpora cavernosa: but this, though it proves that some particular injections will pass that way, by no means proves that the blood will, because the arteries let a thinner fluid transude through all their sides, without suffering the blood to pass that way: and thus it probably happens in this instance also.

But, in imagining that the blood is the cause of the erection of the penis, there was never any reason assigned by them, why the penis is not always erect, or when it is, how it becomes flaccid after it; why the blood passes through at some times, and not always; so that, in saying the blood is the cause of this erection, without saying how, is no explanation of the thing. And here, I believe, a farther proof of the vital fire of the nerves acting in the manner they will always do, when not untuned by unnatural or other causes, may be farther explained.

The mind then being incited from health, from love, or from whatever cause it may be, to the act of venery, the nervous vital fire passes to the corpora cavernosa penis,
and

and there distends the cells in the manner in which it is found at the time of erection. Now if the blood passes into the corpora cavernosa, it must be by means of this vital fire first distending these cells, otherwise it would always pass; but I believe that it never does pass at all, and the whole distension is owing to the vital fire of those wonderful chords called the nerves. And hence we may give some explanation of the reason for that old saying,

Omni animal post coitum triste est ;

The vital fire already mentioned, which is also the cause of motion, being diminished by the vigour of this action, which demands more than the common offices of nature; there succeeds for a few moments in some a small faintness about the heart, and a dejection from the want of a sufficient quantity of this fire to give it the usual dilatation.

And this also will assign some reason why the repetition of the venereal act depends on the health and vigour of the person; and why it cannot be repeated *ad libitum*: viz. the vital power being too much exhausted, and the fluid in the cells of the corpora cavernosa dissipated by the repeated action, and both these are in proportion to the state of health.

Thus it may be easily conceived how a deficiency of power so frequently happens in every stage of life, by means of the want of this nervous vital fire.

S E C T III.

Of the internal Genital Parts of Man.

THE testicles are shut up in a purse, as something very precious; from these, nature draws forth matter for the forming miracles every day in the production of man. These parts evidence manhood and strength, and it was not allowable formerly in the courts of justice at Rome for any man to bear witness against another, except his testicles were entire.

Every man has commonly two testicles; if one is disordered, withered or wounded, the other may minister to generation. The Sylla's and Cotta's, &c. had naturally but one testicle, but then nature shuts up in this one part all that ought to be contained in both. Pliny, the historian, tells us of a people in Africa who had three or four testicles. And Galen tells us, there are few kingdoms but what furnish some families of men with three testicles. But if such were the case now a days, I am convinced these would
not

not have the advantage of the former ; because, instead of being more fertile by the number of these parts, I am of opinion they would become more subject to impotency, the prolific virtue being distributed in too many places to be of any force.

If man, says an ancient philosopher*, had his testicles hidden in his belly, there would not be a more lascivious creature in the universe; therefore to avoid the disorders of lasciviousness (adds he) nature has placed them outwardly, to receive impressions of the injuries of the air. But I must say here, that I have had frequent opportunities of seeing patients with one testicle in their belly which had never come down. And I may answer, that their coming down doth not hinder man from being one of the most lascivious of creatures, because he is disposed for the delights of love, at every hour, and at every season, whereas most other creatures wait for certain periods of time in order to copulate. Besides, nature has a quite different design in placing these parts outwardly; the seed is much better prepared when it has room and time to perfect itself. Most children have their testicles hidden in their belly or groin, for some time after birth. In some they come down very late, and it

* Aristotle.

sometimes happens that they never come down at all; and then they might be taken for eunuchs, if they had no other proof to induce us to believe them perfect.

The lady Argentan would never have called her husband's ability in question, if she had met with testicles in his purse, nor could they have justified his fruitfulness by all the proofs they had, if Ambrose Paree, a famous Surgeon of old, had not found his testicles in his belly after his death.

The Lapidary mentioned by Kerckringius, Obs. 13. would not have sung so strongly, had not his testicles been hidden in his belly, for they fell down when he was eighteen years of age, after the fit of a fever.

The great father of physick, Hippocrates, lays down a position, wherein he says, that the right testicle is better than the left; and also that it engenders males, whereas the other produces only females. Experience and reason oblige me to be of a different sentiment from that great man; for we know, that the semen mixing together, when falling out hence, the effect cannot be attributed more to one testicle than another; but rather to the complexion of the man's and the woman's body. Moreover I have observed in dissecting several testicles, that
the

the left had for the most part bigger arteries and veins than the other, and consequently must be more heated by blood, and quickened spirits; besides the left testicle was generally bigger, firmer and fuller of semen than the other, whence we may reasonably conclude against the opinion of Hippocrates, that it ought to contribute more towards the generation of males than the right. But neither the one nor the other produce a male sooner than a female.

In the action between the British and Americans, at German Town, near the city of Philadelphia, on the 4th of October, 1777—Serjeant James Clark, of the 16th regiment of Light Dragoons, received a ball in his right testicle, which I was obliged to take off on the field of battle, to save his life: he was about twenty-four years of age, he soon recovered his health and strength. In two years after he married and got children of both sexes. He is now in England, living on his pension.

The testicles are closely covered with several membranes, very hard to the point of a lancet, that the spirits destined for the life of future posterity may not be dissipated through the pores: their substance is an amazing clew of spermatic vessels, which one may term the beginning of the preparing
and

and the end of the ejaculatory ones. It is made of an infinite number of small threads, which are as the store-houses of the seminal matter, that comes from the arterial blood, filtrated through thousands of small conduits, accompanied with a nervous juice sliding amongst them through various little windings. The interstices between these vessels is taken up with a glandulous substance which communicates to them a virtue to engender seed. Whatever is most pure and refined in the whole body, seems to be brought thither by the arteries and nerves.

The muscles press and preserve these two small parts, and keep them up in a state of health, that the preparing vessels, and those that contain the seed, may not be impaired by the weight of the testicles in those actions they are intended for by nature. The spermatic arteries take their source from the largest artery in the whole body, commonly called the great trunk, or the aorta; one branch goes to each testicle for the secretion of the seed; the redundant blood, or that which is left after the secretion, is carried back into the body by two small veins, with a most admirable contrivance, one emptying itself into the largest vein of the body, called cava, and the other into the emulgent vein near the left kidney. The reason of this is well

well known to most anatomists, and is unnecessary to give here. Besides, the nerves which spring from the sixth pair, and those from the lower part of the back-bone, communicate to the testicles a spirituous matter proper for generation.

From the little nob called globus major, or epididymis, at the bottom of each testicle, arises a small tube or duct, commonly called by anatomists the vas deferens, which carries the pure semen after it is prepared in the testicle to the cellules, or the store-houses, called vesiculæ seminalis, near the neck of the bladder: these curious little cells may be compared to the cavities of a pomegranate, when the seeds are taken out. The seed is preserved here for several embraces, and when these parts are in action, it is conveyed by a continuation of the same tubes, which become now the ejaculatory ones, into the urethra near the prostate gland, to complete the work. Most of the impotent complaints we meet with proceed from debility of these vessels and a relaxation of the prostate gland. From an unnatural agitation and sometimes other causes, these vessels become weakened, and are rendered incapable to squirt out the semen after having received it; hence the flagginess of the member, and the semen dribbling away.

S E C T. IV.

Of that Species of Consumption the Tabes Dorsalis.

“ Without health we can enjoy no fortune ; honours, riches, and all other advantages are useless.”
 HIPPOCRATES, de Diet. Acut. lib. iii. cap. 12.

EVERY one who addict themselves to the odious, criminal habit of pollution, is not so cruelly punished ; but there are few who are not in some degree afflicted. The frequency of the acts, the variety of the constitutions, many foreign circumstances, occasion a considerable difference. The ills which I have most frequently seen, which I shall rank under the head of this section, are, first, a total disorder of the stomach, the forerunner of which with some is the loss of appetite ; with others acute pains in different parts of the body, particularly at the time of digestion ; sometimes a sickness at the stomach, baffling all common remedies. Secondly, a weakness in the organs of respiration, from which sometimes follows a dry cough, not unfrequently a hoarseness, weakness of the voice, and shortness of breath upon using common exercise.

exercise. Thirdly, a total relaxation of the nervous system. It is not necessary to be much acquainted with the animal œconomy to know, that these three causes may produce all kinds of languishing diseases, and experience proves to me that they daily produce them.

The accidents that result from masturbation are many, besides those which I have just recited; a considerable diminution of the powers; paleness in a greater or less degree; sometimes a fallow, cadaverous aspect, with pimples about the face, but particularly on the forehead, on the temples, and near the nose; sometimes remarkable leanness, surprising sensation at the change of the seasons, particularly in cold weather, a heaviness and languor in the eyes, a weakness of sight, with a considerable decay of the faculties in general, and particularly the memory. I must also rank the hypochondriac melancholy under the head of *Tabes Dorsalis*, which is no uncommon attendant; and if those who are afflicted with it give themselves up to this practice, it completes all the accidents that flow from this disorder, and renders the patient miserable. The unhappy sufferer in this malady becomes an object of compassion; we ought
to

to be very careful in bestowing some time for enquiry, and pay the most careful attention towards them, for indeed there can hardly be a greater degree of misery more afflicting to the human mind. However, this distemper will often take its rise from other sources, as I have had opportunities to observe in various instances. In this I would be understood to mean when it arises from a material cause, and the mind has not been previously affected by any passion which has diminished the vital fire, and thus created the hypochondriac malady, and all the symptoms attendant on that disorder. But whether this distemper arises from an original malady, sorrow, or any other passion which exhausts the vital fire; intemperate watching, from irregular diet, or habitual constitution, or to whatever cause it is owing, it must be treated according to the circumstances of the case. This disease, though perhaps the most afflicting to the human mind, is that which draws the least compassion from our friends; no heart seems sensible of the distress, no soul is touched with our sufferings, because the distemper does not immediately destroy those whom it attacks; as if death was the greatest evil, and most to be avoided by human

man nature; yet, perhaps in this instance, that we cannot die becomes the greatest calamity, and makes the most afflicting circumstance of the situation in which the sufferer is unfortunately placed. Many suicides, I am well persuaded, are committed by those labouring under this malady. To see no way from the wretched darkness in which the unhappy sufferer is involved; to whatever corner he turns to be continually opposed by something like despair, which points her dagger to the breast, and defends the sole path which can lead to ease, and extricate the patient from the maze, which appears impossible to the gloomy situation of the soul. Such is the criterion of this disease. All seems bursting in upon the sufferer; in whatever side it is viewed no light shines upon the mind, or if it does, it resembles those flashes of lightning in a stormy night, which only serve to make the darkness visible, and add horror to the scene. This is the state in general of those who are unfortunately afflicted with this disease; this is the situation which the unthinking and giddy often laugh at, because the disorder is not immediately mortal. Besides, the ill-timed sarcasm of its being affected is not unfrequently the pity they receive. The

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punish-

punishment which should attend this derision, and seems to be the most adequate to the crime, is a large draught from the same bitter cup which bids fairest for the cure of the derider, though it alleviate nothing of the malady from those who suffer. To describe every symptom of this disease is to paint almost all others, which attend the long train of sickness, so various it is in its appearance; yet by strictly examining all, and attending to those symptoms, which are the never failing companions of this disorder, we may trace it back to its primary cause; and thus settle a proper method of treating it, and effectuate a cure by going directly to its origin. In diseases, where the symptoms are so numerous, and apparently contradictory, to discover one, which will assign a cause for the rest, is what is to be wished, and always to be endeavoured after. This, it appears to me, may be obtained in this instance, and without much difficulty, where the practitioner has had a good share of experience; as a species of this disease very often takes its rise from indigestion in the stomach, not unfrequently the functions of generation, sometimes the passions of the mind are the preceding causes, destroying the appetite and lessening the

the vital heat, which produces the very same symptoms that follow the other manner of its being generated.

Suppose we take the symptoms, as I have often found them in this disease, and endeavour to deduce them from these two originals ; viz. an affection of the mind, and an actual subsisting ailment of the human machine in itself ; in which I include particularly the generative functions.

The symptoms then, as I have generally found them in various persons, under the inauspicious influence of this malady, are nearly related to those affections of the human frame, mentioned in the beginning of this section, and are as follow :

Not unfrequently spasms, like those attending epileptic fits, a grievous head-ach, confined to a very little part, palpitations of the heart, sometimes a dry cough, those complaints resembling the iliac passion giving the countenance a fallow tinge, like the jaundice ; also complaints exactly resembling the gravel. Very often a pain from the back of the head, down the whole length of the spine or back-bone. I have sometimes seen the legs swell, but distinguished from the hydropic, by their not pitting, and being greatest in the morning ;

a sensation of cold in all the external parts, when the patient is attacked periodically; this symptom generally begins the paroxysm, and continues whilst it lasts; the urine is sometimes limpid, and in large quantity, at other times the contrary, with sometimes a chalky and pink coloured sediment; foetid or sour eructations from the stomach, and a rising in the throat, loss of voice, frequently a low pulse, sometimes a cadaverous aspect, great dejection of spirits, and internal sinkings; other times tears, without any cause to provoke them; the soul appearing to be rather sick than the body, cherishing the idea of its own sufferings.

These are common symptoms which are the companions of the disease, not all arising from the same source, but differing, as the particular persons whom it attacks are more or less subject to some singularities in their constitution and habit. Whatever stomach generates acidities from fermentation, or a putrefactive disposition, in the alimentary fluids and solids mixed, is sure to be visited more or less with this disease. I shall endeavour to shew, that all these mischiefs may sometimes arise in the stomach, from the sympathy of the nerves, with which it more or less communicates all over our whole

whole frame. I will then deduce the method, which is most probable to effectuate a cure, founded on the basis of long practice and experience. Let it be remembered, that the effluvia which escapes from vegetables and putrid animal substances, is wonderful in repelling the fire from the animal body. This which it does totally in a large quantity, it does in an inferior degree in a less. Health is a due degree of animal fire, actuating the mechanism of the human body. Above or below this, to a certain degree, makes what is called high spirits, and low. To create vivacity and gay dispositions, it is only necessary to attain the true degree of health, which is 98; below this, as we descend, uneasy sensations accompany the deficiency. Above it to a considerable degree, anxiety is the attendant also. The purest health and ease is most certainly at the degree of 98; the heart is then actuated most agreeably to its fabric, the dilating and contracting powers being then in the truest equilibrium, which creates the sensation of ease and health; above or below this becomes anxiety and pain.

Hence, whenever effluvia is generated in the stomach, the consequences of it are felt by those labouring under this disease; for

they influence the motions of the heart, and cause uneasy sensations. The palpitation of the heart may also be easily explained from the causes which occasion this malady. If the animal fire be driven on the muscle in too great a quantity, the heart continues dilated for the time of one pulsation, and the Systole * is suspended during that time, and if the animal heat be diverted, or driven from that viscus, the animating principle is not sufficient to cause a Diaστοle †, and therefore the pulsation is suspended for one stroke. Too much or too little vital heat falling on the liver, interrupts the secretion of the bile, which passing into the blood, brings on the fallow aspect I have already mentioned as a frequent companion of this disease, and this is the consequence of its being destined to that viscus. If it is determined to the spleen, it will affect that part with a sensation which was not felt before. It is easily to see if it is repelled on kidneys and urinary passages; much judgment will be required here to distinguish it

* Systole of the heart is, when it empties the blood into the great artery to be circulated over the whole body.

† Diaστοle of the heart is, after the blood is returned by the veins; it becomes then dilated; and by the Systole it is contracted; hence the continual round and round, while life lasts.

from

from a urethral complaint, those parts being affected in each case much in the same manner. The dejection which hangs on the heart, and oppression of the animal faculties, in like manner take their rise from the vital fire being in an undue and unnatural proportion, either distending the heart too much by an increased quantity, or not sufficiently by a diminished. The latter, however, is for the most part the case, which is the cause of the intermitting and little creeping pulse, which frequently attends those who are afflicted with those disorders.

Long sorrow, great anxieties, continued fears, lessen the vital heat, and sometimes produce this disease. The causes which I have assigned as creating this disorder, when it arises from indigestion, will naturally produce fears; the animal heat being lessened to the same degree in each case, and the involuntary motions of the heart meeting the same disturbance from this cause as the other. Hence it follows, that if there be any one idea which should be avoided, it is naturally starting up before the mind of the patient.

These being the symptoms, which appear to me fairly consequent of the causes I have assigned, it appears plain, that the cure de-

pend upon taking away the causes of this vicious matter in the fluids; and it is evident that it sometimes begins in the stomach. Great precaution is absolutely necessary to be taken in the diet, by those who are doomed to this distemper. When a due attention is paid to this, it is seldom but a cure may be obtained, when the cause is once discovered. When it originates solely in the stomach, an emetic is given, sometimes with very good effect. After this, opening aromatic medicines; Galangal, Zedoary, the spices, and essential oils of a good flavour, such as of Cinnamon, and of other sweet-scented plants; Musk has been given to those who can bear it, and the reviving Vegetable Gums of the East; Castor has been of service in particular cases. Indeed the whole cure seems to be this, to generate a greater degree of vital heat, and correct the vicious cause; for which reason, all medicine which effectuate these two things are the most conducive to a cure.

There is a species of this disease which arises from the gas created from fermented vegetables. After having emptied the stomach and bowels as before, let the medicines be compounded of those kinds, such as will impart at once the powers of increasing

creasing the vital heat, and destroying the fermentation. With this intent let tonic preparations be given, with those which are aromatic and stomachic, with the fixt lixivial salts. This may convert the acidity into a neutral state. By means of alkalies the fermentation becomes destroyed and prevented. The aromatics and reviving gums of the East, as some constitutions bear one, and some another, will create a greater heat, by suddenly attracting the vital fire. These seem to be the chief objects in the cure of this disease, when it springs from a vicious fermentation. When the mischief proceeds from a fermentation in the stomach, such treatment as hath been laid down will be very proper; but when the disease takes its rise from other causes, often that of the functions of generation, when the vessels which convey the seed into the urethra are debilitated, when their mouths are clogged up by acrimonious matter, and their nerves*
 untuned

* Hence it happens, that when the secreted humour of the prostate gland, &c. becomes corrupted, through which the seminal vessels pass into the urinary tube, stimulates the nerves of these fine and delicate channels, then the nerves of the human machine in general not unfrequently become more or less affected. We need not therefore much wonder at the variety of sensations which patients complain of, from the mutual accord, consent, and sympathy

untuned and weakened, the animal heat is not high enough to convert the aliment into true nutriment, then the remedies must be quite different; for a medicine which will cure one, will infallibly increase the other. Indeed no internal medicine alone will complete the cure when the feminal vessels are affected, till a proper application is applied to draw off this vicious matter.

Hence the absolute necessity to distinguish the causes of this malady, for on this depends our success. And there is no disease incident to the human body wherein the practitioner has a greater opportunity to distinguish himself, as well as the happiness of affording relief to his fellow creature.

In all these disorders the eye of the practitioner should be turned on what passes in the generative functions, as well as the stomach, - and the degree of vital heat of those who are attacked with them. From hence he is to take his indications of cure and hopes of success; if he distinguish well the cause from which they proceed, it is im-

pathy made by their commerce, their artificial positions, and curious ramifications throughout the whole body, which is, admirable and incomparable, setting forth the wisdom and dignity of the great creator.

For the satisfaction of my readers, a short detail will be given of them in a future section.

possible

possible but the patient will soon have the pleasure to reap the advantage of his attention, and be restored to the invaluable blessing of health. The air, soil, and company, ought sometimes to be attended to, and even the disposition of the physician, for there are some of that faculty, when they are consulted, have the air of Obadiah in the Committee, with a "Peace be to that house" written on their foreheads, which bring no promising prognostic. These should be kept from the attendance of such labouring under these diseases, with as much care as human kind from a mad dog, lest the words, which run off like saliva, should infect the patient yet further, and augment his sufferings.

PART II.

SECT. I.

*Of the Excess of Secret and Excessive Vener-
y; interspersed with Extracts from the
Works of the most distinguished Practitioners
of the present and former Ages.*

MANY evacuations from our bodies are performed imperceptibly, all the others take place in a state of perfect health, with such facility as to have no influence over the rest of the machine; the slightest motion in the organ which encloses the matter, is sufficient for its expulsion. But this is not the case in evacuating the seed. A general motion, a convulsion of all the parts, an increased quickness in the circulation of the humours, are necessary to displace and give it vent.
It

It will therefore, I hope, be thought not too rash to say, that this necessary concurrence of the whole machine, the instant of its evacuation, may be considered as an evident proof of its influence upon the body.

M. de Haller says, “ it is a very violent
“ action which borders upon convulsion,
“ and which thereby surprisngly weakens,
“ and prejudices the whole nervous system.”

According to my preceding observations on *Tabes Dorsalis*, and some cases which I shall quote hereafter, emission in the unnatural way is accompanied with a kind of convulsive epilepsy; and in these subsequent remarks I purpose to furnish evident proofs, of the baneful influence which these violent motions had upon the health of some unhappy objects. The weakness which follows the act has appeared to several persons, and not without reason, as a proof that it could not be solely the privation of semen which occasioned it; but what demonstrably proves how much the spasm must weaken, is the feeble state of all the patients who have fallen under my care, at various periods in life, labouring under maladies arising therefrom: I have seen numbers affected as if the epilepsy had attacked them.

The

The effect of this baneful practice upon the nobleman of a city in Switzerland, the history of which is handed down to us by Platerius *, could be attributed to nothing but the spasms he had brought upon himself in his early life. He entered, says this celebrated Physician, upon a marriage, at an advanced age, with a view to get an heir to his estates and honours ; and at the time he was endeavouring to consummate his nuptials, he was seized with a violent suffocation, which obliged him to discontinue.

The like accident happened to him every time he made the same attempt. He applied to Platerius for his assistance, who finding him in apparent good health in other respects, was somewhat surpris'd at his case, till he had related the history.

Platerius told him he was sorry he did not make application before. It was now his duty to advise him to desist from any more attempts till such time as he tried the effects of his remedies.

But the advice of our author was not followed. He was impatient, and applied to a variety of Quacks. One assured him, after he had taken a few doses of his nostrum, he

* Vide, Felic. Plateri, Observat. Lib. prim. suffocatio ex congressu, pag 174.

had nothing farther to apprehend. Upon the faith of which, he ventured on a fresh essay; the event was immediately the same as before, but being resolved to go through with the operation, he died in the very act in the arms of his wife.

The violent palpitations which accompany not unfrequently patients who are affected, is similar to a convulsive symptom. Hippocrates speaks of a young man who was afflicted with incessant palpitations, occasioned by secret and excessive venery *. And Dolaeus tells us, he saw a young man who was seized in the very act of polluting himself, and that he would have perished from the spasmodic palpitation of his heart, had it not been for Dolaeus's assistance †.

In the early part of my life, when I was a student at St. Cosme, in Paris, a time that will be ever dear to me, I lodged in the house of Monsr. Petit, a celebrated Surgeon, and a Professor in the King's Garden. I well remember a case of a young gentleman, who had brought on a violent hemorrhage of blood from his feed vessels, by polluting himself; which practice he had learned at

* Epidem. lib. 3. —7 Og. 17 Poes. p. 1117.

† Vid. Encyclop. Medico. lib. 26, cap. p. 147.

school. Mons. Petit had great difficulty to save his life.

Mons. de Senac* is very positive, in attributing the debility which succeeds in discharging the semen, by this method, to the nerves. The same cause, says he, of the syncope which takes place, when an abscess breaks out upon the inside of the thorax or abdomen, “the action of the nerves which come into play;” this is confirmed by the dejection which follows the effusion of sperm, and can only be imputed to the nerves.

Mr. Fleming has not omitted this cause, in his elegant poem on the disorders of the nerves†.

Mons. de Senac, in the first edition of his Essays, described particularly the danger of masturbation, and has foretold the consequences not unfrequently arising, from what he calls *that infamous practice*.

This elegant writer has given a number of cases in the course of his practice, which had fallen under his care; wherein he has met, as he describes them—“All the infirmities and imbecilities, incident to lan-

Quin etiam, nervos frangit quocunque voluptas.

* See his Treatise upon the Heart, lib. 4, cap. 12.

† Neuropathia, l. 1. v. 375.

“guishing

“guishing old age, in the flower of youth.” Hippocrates, the most ancient and justest observer, has given us a long detail of the evils that are occasioned by the abuse of the amorous pleasures, under the title of the Dorsal Consumption*. This most illustrious veteran seems to have been well acquainted with the disorders proceeding from self-pollution. “Young people,” says he, “who are addicted to this habit, bring upon themselves a disorder of the spinal marrow; they have no fever, and though they eat well, they fall away, and become consumptive. They feel as if a sting or stitch descended from the head along the spinal marrow. Every time they go to stool, or have occasion to urine, they shed a great quantity of the seminal liquor. They are incapable of procreation, and they frequently dream of the act of coition. Walking particularly on rugged paths puts them out of breath, and weakens them; occasioning an heaviness in the head, and noise in the ears, which are succeeded by a fever (Lypiria)* that terminates their days.”

Some Physicians have attributed to the same cause a disorder, which they have

* De Morbis, lib. 2, cap. 49, Poes. p. 479.

† A species of fever, in which the internal parts seem excessively hot, whilst the external parts are cold.

named Hippocrates's Second Dorſal Conſumption; this he deſcribes in another place*; and it is in ſome degree analogous to the firſt. But the preſervation of the powers, which he particularly ſpecifies, appears to me a convincing proof, that this diſorder does not depend upon the ſame cauſe as the firſt. “ Theſe pleaſures,” ſays Celfus, in his excellent book upon the preſervation of health, are always hurtful to “ the ſtrongeſt conſtitutions, and how much “ more ſo muſt they prove to ſuch who “ are of delicate frames †.” Galen has obſerved, “ that the ſame cauſes occaſion diſ- “ orders of the brain, and of the nerves, and “ deſtroy the powers ‡.” And he in another place relates, “ that a man who was “ not quite cured of a violent diſorder, “ brought on by this practice, died the “ ſame night that he paid the conjugal tri- “ bute to his wife.”

Pliny the naturaliſt informs us, “ that “ Cornelius Gallus, the ancient Prætor, and “ Titus Etherius, the Roman Knight, died “ in the very act of coition.”

The deſcription which Aetius || has left us of the ills which he has ſeen to ſucceed

* De Glandulis Poef. p. 273.

† De Remedica, lib. 1. cap. 1 and 9.

‡ Com. ert. in lib. 3.

|| De Signis & Cauſ. diæt. morb. lib. 2. cap. 5.

a copious discharge of the semen from unnatural practice, exhibits a dreadful picture.

“ Young people,” says he, “ have the air
 “ and appearance of old age; they become
 “ pale, effeminate, benumbed, lazy, stupid,
 “ and imbecile; their bodies sometimes be-
 “ come bent, their legs are no longer able to
 “ carry them; they have an utter distaste for
 “ every thing, are totally incapacitated, and
 “ many become paralytic, unless they fall
 “ under the care of a skilful practitioner.”

In another place, he includes this practice among the number of the six causes which occasion the palsy. “ The stomach is disordered,” says Aetius; “ all the body is
 “ weakened; paleness, bodily decay, and
 “ emaciation succeed and the eyes sink in
 “ the head.” These testimonies of the most respectable ancients, are confirmed by innumerable modern writers.

Sanctorius*, who has examined with the greatest attention all the causes which actuate our bodies, has observed, that this weakened the stomach, destroyed digestion, obstructs that insensible perspiration, the irregularity of which produces the most fatal consequences; occasions the liver and reins to be overheated, gives a disposition for the

* Sanctor, Med. Stat. sect. 6, Aph. 15, 12, 21 and 24.

stone in the kidneys, diminishes the natural heat, and usually weakens the sight.

The description which Tulpius *, that celebrated Burgomaster and Physician of Amsterdam, has left us, is another picture, not less extraordinary. “ The spinal marrow,” says he, “ does not only waste, but the body and mind both equally languish, and the man perishes a miserable victim.”

“ Samuel Verspretius,” continues our author, “ applied to me for advice; his complaint was, a flux of seminal matter, which flowed from him at all times, but particularly when at stool, and in the company of women, without having the powers of manhood; in length of time it became sharp and acrimonious, attended with great pain. After this, a scorbutic eruption broke out on the hind part of his head and the nape of his neck; from thence it communicated to the spinal marrow, the loins, the buttocks, and the articulation of the thigh, which made this unfortunate man suffer such excruciating pains, that his countenance was distorted, and he was seized with a slow fever, which by degrees consumed him, but not

* Obser. Med. lib. 3, cap. 24.

“ so fast as he desired ; and he was in such
 “ a situation, that he frequently invoked
 “ death, before he snatched him from his
 “ misery.”

S E C T II.

*Remarks, with Extracts from eminent
 Practitioners, continued.*

TOO great a dissipation of the animal spirits weakens the stomach, and nutrition being impaired, the motion of the heart is weakened, and all the parts languish, Physiologists have been long doubtful, whether the animal spirits and the nervous juice are the same thing, but observation teaches us, that these two fluids have a very strict analogy, and the loss of the one or the other produces the same ills. M. Hoffman* tells us, he has seen the most fatal accidents flow from a dissipation of the seed. “ After frequent
 “ nocturnal pollution,” says he, “ not only
 “ the powers are lost, the body falls away,
 “ and the face turns pale ; but, moreover,
 “ the memory fails, a cold sensation seizes
 “ all the limbs, the sight is clouded, and

* Consult. Cent. 2d and 3d, case 102, vol. 3, p. 34.

“ the voice becomes hoarse; all the body
 “ languishes by degrees; disturbing dreams
 “ prevent sleep administering any relief, and
 “ such pains ensue, as are felt from the
 “ blows of a cudgel. Among the number of
 cases in the admirable works of our Author,
 I shall here translate one* for the satisfaction
 of my readers.

“ In a consultation,” says he, “ which
 “ was held on a young man, who, among
 “ other ills which he had drawn upon
 “ himself by masturbation, was afflicted
 “ with a great weakness of sight; but I had
 “ seen several examples of the same before,
 “ even in people of an advanced age, that is
 “ to say after the body had attained its full
 “ vigour. The above young man, at the
 “ age of fifteen, having given way to this
 “ practice, till he was three and twenty,
 “ was at that period seized with such a
 “ weakness in his head and eyes, that the
 “ latter were frequently afflicted with violent
 “ spasms at the time of his seminal emis-
 “ sions. When he wanted to read any thing,
 “ he was taken with such a kind of stupor,
 “ as intoxication creates: the pupils of his
 “ eyes were very much dilated, and he suf-
 “ fered exquisite pains in them. The lids

* Consult. Cent. 2d and 3d, case 100.

“ were

“ were very heavy, and after shutting them-
 “ selves at night, a whitish foul matter
 “ gathered in their corners, which were
 “ painful. He frequently shed tears with-
 “ out being able to assign the cause of his
 “ melancholy. Although his appetite was
 “ pretty good, he was reduced almost to a
 “ skeleton, and as soon as he had done eat-
 “ ing, he was in a kind of intoxication.”

Mr. Hoffman was so fortunate as to com-
 plete the cure of this young gentleman; but
 not before a long time had elapsed. I have
 adopted the mode of cure recommended by
 this illustrious Author, in a number of simi-
 lar cases, with success; and his treatment
 will in general prove efficacious, if the
 mouths of the ducts, which convey the seed
 into the urinary passage, are not clogged
 with acrimonious matter. But should that
 be the case of the sufferer in such complaints,
 no internal remedy alone will effect a cure,
 until they are perfectly cleared from that
 stimulus.

Professor Boerhaave* delineates these dis-
 orders with that strength and precision,
 which are the characteristics of all his de-
 scriptions. “ The loss of the seminal mat-
 “ ter by pollution,” says he, occasions las-

* Vide Institut.

“ litude, debilitates, and renders exercise
 “ difficult; it has caused convulsions and
 “ pain in the membranes of the brain; it
 “ deadens the senses, and particularly the
 “ sight; it gives rise to a Dorsal Consump-
 “ tion, indolence, and various other disor-
 “ ders which are connected with these.”

The observations which this great man communicated to his pupils, in the university of Leyden, in explaining to them his Aphorism on the different methods of evacuation, is worthy of being related to my readers, and may be seen in his Commentaries, vol. 7, p. 214.

“ I have seen a patient,” says the illustrious Professor, “ whose disorder began by
 “ lassitude, and a weakness in all the parts
 “ of the body, but particularly towards his
 “ loins; it was attended with an involun-
 “ tary motion of the tendons, periodical
 “ spasms, and bodily decay, insomuch as
 “ to destroy the whole corporeal frame; he
 “ felt a pain even in the membranes of the
 “ brain, a pain which patients call a dry
 “ burning heat, and which incessantly
 “ burns internally the most noble parts: I
 “ have also seen a young man afflicted with
 “ the Tabes Dorsalis. His person was
 “ very agreeable, and he had been a youth of
 “ elegant

“ elegant form ; and although he was cau-
 “ tioned not to give way too much to plea-
 “ sure, he nevertheless yielded to its im-
 “ pulse ; he became so deformed before his
 “ death, that the fleshy substance, which
 “ appears above the spinal apophyses of the
 “ loins, was entirely wasted. His brain
 “ appeared consumed ; in fact he became
 “ stupid. He became rigid in all his arti-
 “ culations. I never perceived so great a
 “ want of motion in the body from any
 “ other cause. His eyes sunk, grew dull,
 “ and he lost the power of sight.”

Mr. Ludwig,* in describing the ills
 which arise from the copious evacuations,
 does not forget the spermatic. “ Young peo-
 “ ple,” says he, “ of either sex, who devote
 “ themselves to this lascivious practice, de-
 “ stroy their health, in dissipating those
 “ powers which were destined to bring their
 “ bodies to their greatest degree of vigour,
 “ and they at length fall into consump-
 “ tions.”

After having given, I hope, some idea to
 my readers of the Dorsal Consumption of
 Hippocrates, I shall here state an observa-

* Vid. Instit. Physiol. 870, 872.

tion of the celebrated Van Swieten,* that famous Physician at Vienna, whose reputation not only resounded over the Germanic Empire, but over all the whole habitable world. “ I have seen all these accidents,” says he, “ and several others, befall those unhappy persons, who had abandoned themselves to shameful pollutions. For three years I used all the aid that medicine could afford, without success, for a young man, who had drawn upon himself, by this practice, various pains, extraordinary as they were general, with alternate sensations of heat and cold, particularly in the loins. Some time after these pains having in some degree diminished, he felt so much cold in his thighs and legs, though to the touch they seemed to preserve their natural heat, that he was continually warming himself at a fire, even in the heat of summer. My admiration was particularly excited during this period, by the continual rotation of his testicles in the scrotum, and the patient felt the same sensation by a similar motion in the loins, which was very

*Vide Van Swieten, Aph. 586, tom. 2, p. 46.

“ troublesome

“troublesome to him.” Our Author here stops short in his account of this case, as he does not inform us whether this unhappy patient ended his days at the expiration of the three years, or whether he languished longer.

Monf. Klookof,* in an excellent work which he has written upon the disorders of the mind, relative to the body, confirms by his observations those which have already been made. “Too great a dissipation of
“the feminal fluid by polluters weakens the
“spring of all the solid parts; hence arise
“weakness, laziness, inertness, phthysics,
“dorsal consumptions, numbness, and a de-
“privation of the senses, stupidity, madness,
“faintings, and convulsions.”

Mr. Lewis† describes all these ills. I shall not in this place extract any more of his work than just what relates to the mind. “All the ills,” says he, “that are occasion-
“ed by excesses with women, are not to be
“compared to those which quickly follow
“in youth the abominable practice of
“feminal pollution, and which it would be

*Vid. Monf. Klookof de morb. animo ab infirm. medul. cerebri, p. 37.

†Vide his Practical Essay upon the Tabes Dorsalis, third edition, 1749.

“difficult

“ difficult to paint in colours so glaring as
 “ they merit: a practice to which youth de-
 “ vote themselves, without being acquaint-
 “ ed with the enormity of the crime, and
 “ all the ills which are its physical conse-
 “ quences. The soul is sensible of all bo-
 “ dily disorders, but particularly of those
 “ which arise from this cause. The most
 “ clouded melancholy indifference (might
 “ one not say, even aversion) for all plea-
 “ sure; the impossibility of sharing in the
 “ conversation of company, wherein they
 “ are always absent; the thought of their
 “ own unhappiness, the despair which arises
 “ from considering themselves the architects
 “ of their own misery, and the necessity of
 “ renouncing the felicities of marriage, are
 “ the fluctuating ideas which compel these
 “ miserable objects to sequester themselves
 “ from the world, and happy are those who
 “ do not put the the finishing hand to their
 “ existence.”

Mons. Mieg, a celebrated Physician of
 Basle, who is well known to the learned
 world, by his excellent Dissertations, and to
 whom his country is highly indebted for the
 discovery of inoculation, has given us a very
 extraordinary case of a young lady, between
 twelve

twelve and thirteen years of age, who, by this detestable practice, brought upon herself a consumption, with a large hanging belly, the Fluor Albus, and Diabetes. Medicines, he says, gave her some ease for a time, but she continued languishing till she died.

I shall conclude this section, with a fine passage from that excellent work, with which M. Gaubius* has enriched the healing art. He does not only paint the ills, but he also points out the causes, with that strength, truth, sagacity and precision, which are possessed only by the greatest masters. His work being written in the dead language, its beauties can only be seen by those who are versed in the knowledge of the Latin tongue.

“ Immoderata feminis profusio, non solum utilissimi humoris jacturâ, sed ipso
 “ etiam motu convulsivo, quo emittetur,
 “ frequentius repetito, imprimis lædit.—
 “ Etenim summam voluptatem universalis
 “ excipit virium resolutio, quæ crebro ferri
 “ nequit, qui enervet. Colatoria autem
 “ corporis quo magis emulgentur, eo plus
 “ humorum aliunde ad se trahunt, succif-
 “ que sic ad genitalia derivatis, relique partes

* Vide Institutiones Pathologiæ medicinalis. H.D. Gaubio Lugdoni Bat, 1758.

“ depouperantur;

“ depouperantur; inde ex nimia venere
 “ lassitudo, debilitas, immobilitas, incessus
 “ delumbis, encephali dolores, convulsiones
 “ sensuum omnium, maxime visus, habitu-
 “ do, cœcitas, fatuitas, circulatio febrilis,
 “ exsiccatio, macies, tabes et pulmonica et
 “ dorsalis, effeminatio. Augentur hæc
 “ mala atque insanabilia fiunt ob perpetuum
 “ in venerem pruritum, quem mens, non
 “ minus quam corpus, tandem contrahit;
 “ quoque efficitur, ut et dormientes obscena
 “ phantasmata excerceant, et in tentiginem
 “ prone partes quavis occasione impetum
 “ concipiant, onerique et stimulo sit quam
 “ libet exigua reparati spermatis copia, le-
 “ vissimo conatu, et vel sine hoc, de relax-
 “ atis oculis relapsura.

“ Quocirca liquet, quare adolescentiæ
 “ florem adeo pessumdet iste excessus.”

Here follows the translation, for the satisfaction of the English reader,

“ An immoderate emission of seed is not
 “ only prejudicial, by reason of the loss of a
 “ most useful humour, but likewise by a too
 “ frequent repetition of the convulsive mo-
 “ tion in the manner by which it is dis-
 “ charged; for the highest pleasure is fol-
 “ lowed by an universal resolution of the
 “ natural

“ natural powers, which cannot frequently
 “ take place without enervation. Besides,
 “ the more the strainers of the body are
 “ drained, the more humours they draw to
 “ them from the other parts ; and the juices
 “ being thus conveyed to the genitals, the
 “ other parts are impoverished. Hence it
 “ is, that from excessive secret venery arise
 “ lassitude, weakness, numbness, a feeble
 “ gait, headachs, convulsions of all the senses,
 “ but especially of the sight, and dullness of
 “ hearing, an idiot look, a feverish circu-
 “ lation, exsiccation, leanness, a consump-
 “ tion of the lungs and back, and effemina-
 “ cy ; these evils are increased and become
 “ incurable, by reason of a perpetual itch
 “ for pleasure, which the mind at last con-
 “ tracts as well as the body ; and from
 “ whence it follows, that they have obscene
 “ dreams in sleep, and that the prone parts
 “ have a tendency to eject the quantity of
 “ replaced semen, however small, becom-
 “ ing a burthen and a stimulus, which feed
 “ will be discharged from the relaxed cells,
 “ by the very slightest effort, and even with-
 “ out any effort at all. Thus it is, that
 “ this excess brings such perdition on the
 “ flower of our youth.”

PART.

P A R T III.

S E C T. I.

*The Author's Remarks and Observations,
founded on the Basis of his own Practice
and Experience.*

HAVING given a few extracts in the preceding chapters, from the works of the most renowned practitioners in the healing art, I shall now proceed to detail my own observations in as concise and perspicuous a manner as I possibly can. Ever since I commenced the practice of medicine, I have made it an invariable rule to make my remarks from time to time, on the symptoms, and appearances of the cases which have fallen under my care. And as changes took place from day to day, either for the better or the worse, they were immediately committed to writing, and form a volume at present of no inconsiderable size.

Having

Having pursued this method for many years, I now meet with no cases in practice, to which I find not parallels in my written repository ; so that in the prosecution of the cure, I have little more to do than to vary the doses of the remedies according to the different constitutions, and temperaments of the patients. To enter into anatomical disquisitions of the organs of generation, and the manner in which the seminal liquor is separated from the blood, and to enlarge on the importance of that fluid, would unnecessarily swell the work. I have already given a cursory view of those particulars in Part I. Sect. III. which is enough for our purpose. To prove the utility of the semen, and show the circumstances which attend its emission by unnatural means, I have produced the testimonies of the most eminent physicians, whose works will be looked on as tribunals of medicine till time be no more.

But notwithstanding the general view before given, I shall here, to aid the memory, range, under the six heads following, the various ills of which patients generally complain, beginning with the most grievous, those of the mind.

E

I. All

1. All the intellectual faculties are weakened, the memory fails, the ideas are clouded, the patients sometimes fall into great languor ; they have an incessant irksome uneasiness, continual anguish, and not unfrequently shed involuntary tears. They are sometimes subject to vertigoes.

Their senses, but particularly their sight and hearing, are sometimes impaired. Their sleep is disturbed with frightful dreams.

2. The powers of the body decay. The growth of youth is greatly prevented. Some patients cannot sleep at all, others are in a state of perpetual drowsiness. They are more or less affected with hypochondriac and hysteric complaints, with all their distressful concomitants, melancholy, sighing, tears, palpitations, suffocations, and faintings. Some emit a calcareous saliva, and are afflicted with coughs, slow fevers, and consumptions.

3. The most acute pains form another class of evils : some patients I have seen tormented in their heads, others in their breast, stomach, and intestines, others with external pains like rheumatic, with aching numbness in all parts of the body, especially when slightly pressed. I have seen others labouring

ing under an irritation of the bladder, with an almost constant inclination to make water, depriving them of every comfort.

4. Pimples sometimes appear in the face, particularly of young people: I have seen them both in the breast and thighs, attended with painful itchings. I have also seen fleshy excrescences on the forehead.

5. But the organs of generation more especially share in that misery, of which they are so often the primary causes.

Many patients are incapable of erection with the finest woman, others discharge their feminal liquor on the slightest titillation, and feeblest erection, and often in the efforts they make when at stool. Many are affected with a constant oozing of slimy mucus, which gradually destroys the powers. Some are tormented with disuriæ, strangueries, heat of urine, and difficulty in voiding it. Some have painful tumours on their testicles, penis, bladder, and spermatic chord.

6. The functions of the bowels are sometimes quite disordered, and some patients complain of stubborn costiveness, others of the hemorrhoids or piles, and a running of foetid matter from the fundament. This last symptom calls to my mind a patient

mentioned by M. Hoffman (whom I have already quoted) who, paying more attention to his pollutions, than he did to the advice of our author, brought on himself a fistula, which in a short time ended his days.

S E C T. II.

The Effects of Secret Venery on the Female Sex.

THIS subject would be treated rather imperfectly, if I did not inform the softer sex, that in pursuing the practice of masturbation, they expose themselves to the same dangers: all the disorders I have been describing, women have frequently brought upon themselves; and that fresh victims of the female sex every day sacrifice themselves to this destructive phrenzy: the disorder seems to make as great progress with women as men. Besides all these symptoms already described, women are more particularly exposed to hysterical fits,
or

or shocking vapours, to incurable jaundices, to violent cramps in the stomach and back, to acute pains in the head, to the fluor albus, the accretion whereof is a continual source of smarting pain, to descents and ulcerations of the womb, and to all the infirmities which these two disorders bring on, to the extention and darting of the clitoris, to the furor uterinus, which at once deprives them of decency and reason, and puts them upon a level with the most lascivious brutes, till some fatality snatches them from pain and infamy. The physiognomy, that faithful mirror of the state of soul and body, gives the first indications of the internal disorder. The complexion and plumpness, which jointly confer a youthful look, and which is the sole substitute of beauty, for without this even beauty produces no other effect than cold admiration: this complexion and plumpness are, I say, the first things that disappear; then a leanness succeeds, and the skin becomes rough, and tinged of a plumbane colour; the eyes lose their brilliance, and deaden, and by their languor express that of the whole frame; the lips lose their vermilion hue, the teeth their whiteness; and in a word, it is no uncommon thing for the whole body to re-

ceive such a shock as for the shape to be entirely distorted. The rachitis, commonly called the rickets, is not a disorder, as Professor Boerhaave represents, that afflicts any, when they are past three years old.— We often see young people of both sexes, but particularly females, who, after being well made at the age of eight, ten, twelve, fourteen, and even sixteen years, gradually become crooked by the bending of the spine, and this disorder frequently gets to a great head. But I shall not take up my reader's time in entering into the particulars of this disorder, or enumerating the causes that occasion it. Hippocrates has already specified two *. I may perhaps have occasion, in some future work, to communicate what I have acquired by frequent observations upon this subject; but what I have here to say is, that masturbation is amongst the foremost of its causes. M. Hoffman has already said, that young people, who addicted themselves to amorous pleasures, before they had attained their full growth, would fall away and diminish, instead of growing †; and it is plain that the same

* Aphor. § 6. 46. † De ætate conjugio opportuna, § 10. Supplem. fecund. p. 340. This whole dissertation deserves reading.

cause that may prevent growth, should by a stronger reason distort it, and produce irregularities in its gradations, which contribute to the disorder I have been speaking of.

A common symptom in both sexes, and which I rank under this article, as it is more frequent among women, is the indifference which this practice leaves for the lawful pleasures of Hymen, even when their inclinations and powers still remain, an inference which does not only induce many to embrace a life of celibacy, but even accompanies the nuptial bed.

In the collection of the celebrated Dr. Bekkers, a female acknowledges, that this practice had gained so complete a dominion over her senses, that she detested the lawful means of assuaging the lust of the flesh.

The late professor Cleghorn, whose great candour and professional talents will ever be admired by his country, informed me that a young lady, 18 years of age, for whose health he was consulted, was seized with an astonishing weakness; her powers daily diminished; in the day time she was constantly overcome with drowsiness, and was at night unable to sleep; she lost her appetite, and a dropical swelling spread all over her body: she had long consulted other

E 4 practitioners.

practitioners. When Mr. Cleghorn found that her courses were regular, he suspected masturbation. The effect of the question which he put confirmed the justness of his suspicion, and the patient acknowledging it convinced him: he represented to her the danger of such a practice, a cessation of which, with the treatment of the professor, stopped the progress of her disorder, and after a long time re-established her health. Besides masturbation, or manual pollution, there is another kind of pollution, which may be called Clitorical, the known origin of which is to be traced so far back as the second Sappho;

“ *Lesbides infamem que me fecitis amatæ :*

and which was so much too common amongst the Roman women, at the time when all morality was lost, that it was more than once the subject for the epigramatists and satirists of the age.

“ *Leonem ancillas posita Laufella corona*

“ *Provocat, et tollit pendentis præmia coxæ,*

“ *Ipsa Medullina frictum crisantis adorat,*

“ *Palmam inter dominas virtus natalibus æquat **.

Nature has been pleased to give some women a semi-resemblance to man; this

* Juvenal, Sat. 6. v. 321.

has upon flight enquiry given rise to the chimera, which has prevailed for some centuries, of hermaphrodites. The supernatural size of a part, which is naturally very small, and whereupon Monsieur Troughin has given a learned dissertation, produces all the miracle, and the shameful abuse of this part all the evil. Some women who are thus imperfect, glorying perhaps in this kind of resemblance, seized upon the function of virility*.

The danger of this kind of pollution is not, however, less than that of the other sorts of masturbation: the effects are equally shocking, all the paths lead to emaciation, languor, pain, and fatality. This last species deserves great attention, as I have reason to suppose it is frequently practised at present, and it would be easy to find more than one Laufella, or a single Medullina, who, like these Roman females, so much esteem the gifts of nature as to think they ought to abolish the arbitrary distinction of birth.

Women have been known to love girls with as much fondness as ever did the most

* Illas dixit gracia Tribades, Gallis dicuntur Ribaudes; Menstrum quotidie nascens, & cui eo confidentius sese tradunt puellæ, quod abest fecunditas &, ut dixit Juvenalis, quod abortiva non est opus.

passionate

passionate of men, and conceive the most poignant jealousy, where they were addressed by the male sex upon the score of love. Nothing is of more importance to the preservation of the human species, than the endeavouring to prevent the practice of secret venery, which strikes at the very root of fertility.

The secrecy with which this crime may be committed is a great inducement to it, and this above all others is the most dangerous to the fair sex in particular, as they are naturally more bashful than man, and whom custom has precluded from making any advances towards a mutual commerce with the other sex.

When women who are apparently of a sanguine and amorous constitution shall betray no inclination to venereal embraces, and even refuse advantageous matches, to what other cause can we impute it, but their being capable of pleasuring themselves in this private way, and keeping up a shew of chastity, while they are abandoned to the most irregular lusts? Far be it from me to accuse the lovely fair indiscriminately, we have too great a regard for their sex; but it is our wish to shew its bad effects upon their constitution, as they are many and great. If practised

practised too often, it relaxes and spoils the retentive faculty. It occasions the whites, a very troublesome and sometimes dangerous disease to women. It ruins the complexion, makes them look pale, frequently swarthy and haggard. It causes histeric disorders, and not unfrequently, as well as in men, by draining away the radical moisture, fatal consumptions. It produces heats in the privacies, belly, thighs, with shooting pains in the head, and all over the body.

It sometimes brings on a furor uterinus, or an insatiable appetite to venery. But what it is most liable to produce is barrenness, by causing an indifference to the pleasures of Venus, and in time a total inaptitude to the act of generation itself. Virgins, who have over eagerly indulged themselves in the use of their bodies, have sometimes deflowered themselves, and destroyed the valuable badge of their chastity, which it is expected they should not part with before marriage; but which when lost can never be retrieved.

Many are the diseases and inconveniences which the fair sex are capable of bringing upon themselves, by an unnatural use of their own bodies: and what effect this must have upon the spirits of the woman
who

who finds herself in any of these deplorable circumstances, when she reflects that her misfortune is owing to her own actual fault, it will not be difficult to conceive.

With regard to maids, who have by this practice deprived themselves of that sacred badge ; the loss of which, before marriage, was so severely punished among the Jews ; under what apprehensions must they continually lie : with terrors they approach the marriage bed, which was designed for the seat of the highest sensible enjoyment, when they reflect that their virtue, on the first amorous encounter, is liable to such suspicions as may never be worn off, but which may render uncomfortable the whole life, both of her, and her otherwise affectionate husband. But for self abuse there is no other infliction, no other punishment but self consciousness. And indeed there can be no other. The very nature of it, which renders it secure against detection, would frustrate any provision that could be made in this case by the legislature. And besides this security from legal animadversion, it is safe from the consequence which single women must fear in their commerce with men, that of becoming pregnant. And it is more than probable that some give into
this

this way out of caution. And many, I am of opinion, are loth to trust their fortunes and prerogatives into the hands of a man, and therefore will not marry. And as to unlawful embraces, they are afraid to venture on them for many reasons. But it is my ardent wish to shew that there can be no excuse for a practice, which, besides its wickedness, is the most prejudicial that can be to the human constitution.

We shall not in this place make farther observations. These which remain will be more properly ranked in the future pages.

S E C T. III.

The Morbid State of the Functions of the Human Machine considered, especially Digestion, and the Organs of Generation.

IT has been already observed, that masturbation was more pernicious to the constitution than excesses committed with women. Those who make a particular providence interpose on all occasions perhaps may be of opinion, that the reason is the special will of that providence to punish this crime. Being persuaded that bodies have, ever since their creation, been subjected to laws which necessarily regulate all their operations, and the œconomy of which has never been changed by divine influence, but in a very small number of select cases. Hippocrates, when speaking of a disorder, which the Scythians attributed to a particular punishment from God, makes this beautiful reflection. “ It is true (says the venerable “ Father of Physic) that this disorder comes “ from God, but it comes in the same man-
“ ner

“ner as all others do: no one comes more
 “particularly from the Omnipotent than
 “others, because they are all a necessary
 “sequel to the laws of nature, which rule
 “all things *.” Moderate coition is useful
 when nature sollicit for it, but when it is
 sollicit by the imagination, it weakens all
 the faculties, and particularly the memory.
 This is easily explained. Nature in a state
 of health does not inspire desires, but when
 the vesiculæ feminalis † are replete with a
 quantity of liquor, which has acquired such
 a degree of thickness, as to render its return
 into the mass of blood difficult; and in these
 circumstances, when a natural evacuation fol-
 lows, we may be pretty well assured, that
 the body will not be thereby sensibly weak-
 ened. But such is the organization of the
 genital parts, that their action, and the de-
 sires which succeed are put into play, not
 only by the presence of a superabundant
 feminal liquor; but also the imagination
 having great influence upon these parts, it
 may by being occupied with desires, put
 them into such a situation as serves recipro-

* De arte, locis et aquis, p. 293.

† The feminal vessels; an account of which see Part I.
Sect. III.

cally

cally to excite them, and desire leads to the act, which is the more pernicious in proportion as it is unnecessary. This organ of convenience is like all the others, which are never properly actuated, but when nature stimulates them.

Hunger and thirst indicate the want of food and drink. If a greater quantity of either is taken than these sensations require, the surplus prejudices and weakens the body. The necessity of going to stool and voiding urine, is signified by certain physical conditions; but a bad habit may so far deprave the constitution of the organs, that the necessity of these evacuations may no longer depend upon the quantity of matter to be evacuated. We subject ourselves to want without being in want; and such is the case of polluters. It is imagination, habit, and not nature, that importune them. They drain nature of that which is so necessary. At length, in consequence of that law of the animal œconomy, whereby all humours are attracted by irritation, there is a continual conflux of humours upon these parts; and I have repeatedly found the mouths of the feminal ducts, of patients labouring under a *Tabes Dorsalis*, in a state
of

of ulceration *. I have also found them as if exhausted by perpetual fatigue, and seized with all the disorders incident to the brain, melancholy, epilepsy, imbecility, the loss of sensation, a general weakness of the nervous system, and a variety of similar disorders.

Convulsions and paralytic affections sometimes comes on, and the nerves become more extended, or rather are put into extraordinary action; the consequence whereof is an excessive relaxation.

Every organ of the human body, that is carried above its proper pitch, falls beneath it, wherefore the functions that depend thereon are necessarily ill performed; and as the nerves have an influence over them all, there are none which are not disordered, when they are weakened. The weakening of the nervous system is heightened by the increased quantity of blood in the brain during the act. And various examples of its having produced apoplexies may be found in the commentators, and particularly by Hoffman, whom I have already quoted.— This increase of blood explains also how

* There is an excellent passage upon the force and danger of voluptuous habits, in a treatise published by my intimate friend M. Pujalti, professor, at Padua, and long ago celebrated by his excellent performances. *De victis fribricitantium*, p. 60.

these excesses produce insanity. This quantity of blood distending the nerves weakens them: and they are less able to resist impressions, whereby they are enfeebled. Besides the other disorders which we so often find derange the animal œconomy are easily explained, viz. depraved digestion, weakness of the brain, and of the nervous system, and the irregularity of insensible perspiration. We shall find that there is no chronic distemper* that may not be deduced from this triple cause. Digestion, concoction, perspiration, and the other evacuations are no longer performed as they ought to be: hence arises a sensible diminution of the powers of the memory, and even of the understanding: the sight is often clouded, complaints similar to gout and rheumatism, weakness in the back, and the atrophica or consumption arise from the same cause. The organs of generation are hereby enfeebled, the urine now unfrequently puts on a morbid hue, and a great number of other disorders tending to shorten the duration of life. I have at various times seen patients, whose stomach was the first part sensible of all the causes that occasion weakness, because

* Chronical Diseases are such as come on at certain times, and do not come to a height immediately, but by slow degrees. The patient is attacked by intervals, living in a state of misery, perhaps, many years before his death.

its functions require the greatest perfection of the organs. The greatest part of the others are equally passive as active : but the stomach is almost totally active ; so that when its powers diminish, its functions are disordered : this observation, joined to the following, and the variety of first impressions (frequently disagreeable) which are produced upon this viscera by what is swallowed, accounts for the frequency, the extraordinariness, and the stubbornness of the disorders to which it is incident. It receives a greater number of nerves than any other part of the body ; and therefore distributes a greater quantity of animal spirits.

What weakens the action of the one, and diminishes the quantity, or changes the quality of the other, must consequently diminish its powers.

When the digestion is imperfect, the humours imbibe a crude quality, which renders them unfit for their various destinations ; and which particularly prevents nutrition, upon which the reparation of all the power depends. To be convinced of the general influence of the stomach, it is only necessary to observe the state of a person who labours under a difficult digestion ; the powers are sometimes lost, a general un-

cafiness makes the weakness more insupportable ; the organs of sense are benumbed ; the faculties are exercised very imperfectly ; the memory, and particularly the imagination, seems to be annihilated.

The weakness of the nervous system, which subjects the body to all paralytical and spasmodical accidents, is frequently occasioned, as I have already said, by the convulsive motions that accompany unnatural emissions in some temperaments, and by a vicious digestion. Whenever this is faulty the nerves are thereby affected, and the more so as the fluid which penetrates them is the last work of concoction, and to produce which it should be perfect : whenever it is otherwise, it is the animal fluid, which of all others is the most sensibly affected by it, and upon which the crude humours has the greatest influence. In fine, what increases this weakening, is the evacuation of a humour analagous to the animal spirits, and which in proportion to this analogy cannot be evacuated, without diminishing the strength of the nervous system.

I attribute all to the strength of these spirits. Moreover, abstracted from the damage which results from this evacuation, with respect to the quantity of animal spirits,

spirits, it is prejudicial, inasmuch as it deprives the vessels of that gentle stimulation, which is produced by the absorbed semen, and which contributes so much to concoction. It is therefore prejudicial, as well by subtracting part of the animal spirits, or at least of a very precious humour, and by diminishing the concoction, without which these spirits are only improperly and insufficiently prepared.

There is a vicious concatenation between the disorders of the stomach, and those of the nerves. The first sometimes give rise to the latter, and the latter sometimes to the former, and these being once formed, highly contribute to increase the first. If daily experience did not evince it, an anatomical inspection of the stomach only would be a sufficient testimony. The great quantity of nerves which there distribute themselves demonstrate how far they are necessary to assist its functions, and is a convincing proof how much these functions must thereby be disordered, when they are not in a sound state.

S E C T. IV.

A short Detail of the Mutual Accord, Consent, and Sympathy in the Whole Nervous System.

IT appears evidently clear from reasoning and argument, that the intellectual faculties receive their powers of action from the laws of matter and motion, while the soul resides in the human machine. We will, therefore, go on to discover, as well as the nature of the subject will admit, how all our sensations are communicated to the understanding, by the mediation of bodily organs ; that is, how the materials of all our knowledge, &c. are transmitted to our thoughts by means of the nerves, and the mechanism of these curious instruments necessary to produce these sensations. That infinitely better part, the soul, would be but little or not at all concerned for the sufferings of the body, were it not liable to be affected with all those pleasures and pains that tended to its health and sickness ; but it could not be affected with those sensations

tions of pleasure and pain, were it not for those fine threads the nerves, that every where strike the mind with the idea of sensation upon the application of any object. Every fibre of the body is perceived to be affected with the sense of feeling, but we cannot conceive how this feeling faculty can ever be lodged in the fibre; that is, the nervous system, as a bundle of fine chords curiously interwove, can perceive nothing apart from the mind.

If we divide a nerve, the part it is disposed to will immediately lose all sensation, unless some other branch furnish it with a slip. However, it will be deprived of all sensation it derived from the former nerve.

It would appear then that the body feels not, but the soul, and that it has pleased the divine author of nature to communicate to certain fibres, so and so modulated, a power or capacity of transmitting the ideas of all objects, that enter by any of the senses to the understanding. This capacity of the fibres, in the transmission of objects, we call sensation; and these sensations are furnished to the mind, from a certain modulation of fine white pellucid chords, we call nerves.

In dissections, upon viewing these fine chords that are the instruments of sense,

motion, and strength in animal bodies, we perceive that they derive their origin from the brain, cerebellum, and medulla spinalis, or the cavity contained in the back-bones, from the neck to the loins. But one of the great fathers of physic, Aristotle, believed them to be originated from the heart, and thus erroneously taught his followers. Such was the ignorance of the structure of the human body in those days. There are ten pair that arise within the skull, whose fibres are displayed upon the several organs of the four senses, viz. vision, hearing, tasting, and smelling. The rest are thirty pair in number, which arise from the medulla spinalis or spinal marrow, that in their descent down the spine come out from between the vertebræ of the neck, back, and loins. These vertebral nerves give to every point of the body, where they come, a most sensible idea of touch, which would be inexpressibly affecting, were not their sensations somewhat abated by a fine carnous covering. While the nerves of the animal machine continue justly modulated, or braced up according to the regular standard of nature's laws, the mind will perceive itself perfectly at ease, and free from all manner of pain and uneasiness.

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This is the nearest indication that the several undulating fibres are acceding nearest to the balance of nature; for it is impossible that any organ of the reasoning instrument can be out of tune, but that the mind will perceive it; so that upon these grounds we have a standard to go by, or a director to inform us whenever this system of matter and motion is any way affected. And not only so, but this thinking being is capable of pointing out the very part it perceives primarily affected, which still gives us the greater assurance, that a disease subsists in the body.

Indeed the harmony of the human fabrick is so surprizingly contrived, that the mind and body shall equally suffer under all the different circumstances of life; so that if the bodily organs be faint, weary, or any ways disconcerted in their springs, the mind perceives their affection, and is affected with the change.

Hence it is that all remedies administered for the cure of diseases must act upon the bodily organs. By raising the contraction of the arteries we at the same time increase the circulation of the blood, raise the beating of the pulse, the motion of the heart, and quicken the circulation of the animal fluids,

fluids, whereby all the senses are revived, the faculties dilated, and the soul itself cheered, by those fine, soft, undulating motions, that the fibres thus assisted strike upon the passions. But it too often happens that the fibres of these wonderful organs becomes relaxed and untuned, from a variety of causes; the chief of which I believe to be the *tabes dorsalis*, originating in the vessels which convey the seed into the urinary passage. It will then follow that the body is deprived of its fine functions, the health of the patient declines, stupors, numbness, and a variety of sensations affect the several members of the frame in a very singular manner. This arises, as I have before observed, from the mutual consent and sympathy that exists between all the rest of the nerves of the machine, of which I could give numbers of instances; but one may suffice for a sample of the whole, and that shall be the great sympathy occasioned by the fifth pair of nerves. This fifth conjugation of nerves is branched to the ball, the muscles and glands of the eye, to the ear, to the jaws, the gums and teeth, to the muscles of the lips, to the tonsils, the palate, the tongue, and the parts of the mouth, to the *præcordia* or *diaaphragm*, also in
some

some measure by inosculating with one of its nerves; and lastly, to the muscles of the face, particularly the cheeks, whose sanguiferous vessels it twists about. Hence the great consent and sympathy between these parts. A gustable thing seen or smelt excites the appetite, and affects the glands or parts of the mouth. A thing seen or heard that is shameful affects the cheeks with blushes. But on the contrary, if it pleases the fancy, it affects the breast and muscles of the mouth and face with laughter. A thing causing sadness and melancholy doth exert itself upon the præcordia, and demonstrates itself by causing the glands of the eyes to emit tears, and the muscles of the face to put on the sorrowful aspect of crying.

Hence also the torvous four look produced by anger and hatred, and that gay and pleasing countenance accompanying love and hope.

In short, it is by means of this communication of the nerves, that whatever affects us is demonstrated (whether we will or no) by a consentaneous disposition of the breast within, and suitable configuration of the muscles without, by which means (as Pliny saith) “ the face of man alone is the index
“ of sorrow or joy, of pity or severity.”

SECT.

S E C T. V.

Of the Atrophia, or Nervous Consumption.

THAT we may give such a scheme of this whole work as will lie under a single view, and open a prospect into the design; in making divisions of the subject, we will thereby, like Ariadne's thread, be easily and safely directed to, and proceed through all the parts of it. A consumption in general is a wasting of the muscular parts of the body, arising from a subtraction or colliquation of the humours, and that either with or without a fever, and it is either original or symptomatical.

An original consumption is, that which arises purely from a morbid disposition of the blood or animal spirits, which reside in the system of the nerves and fibres, and is not the effect of any other preceding disease. Of which there are two sorts, to wit, an atrophy, and a consumption of the lungs. An atrophy is an universal consumption arising from the whole habit of the body, and not from any distemper of the lungs,
without

without any remarkable fever, and always proceeds from a morbid state of the nerves. It is a consumption which owes its original to an ill and diseased state of the spirits, and to the weakness or destruction of the tone of the nerves, from whence arises an imbecility, and a universal consumption in the whole habit of the body from a want of a due assimilation of the nutritious juice. I have often observed patients labouring under this distemper to have little or no appetite, and others to eat voraciously, but in all a bad digestion in the stomach; so that the most splendid table affords little nourishment to the body, in consequence of an imperfect fermentation and volatilization of the chyle *. An atrophy from inanition, or an expence of the seminal juice, is that which derives its original from a preternatural defect, or evacuation of that precious liquor, and that long and habitual. When this consumption takes its rise from a diseased state of the seminal vessels, it may then be termed a symptomatical consumption. While the malady continues in this state, and a due regard be had by the practitioner to the

* Chyle—that juice which the food is converted into by digestion, and afterwards conveyed into the mass of blood for the support and continuance of life.

cause

cause from whence it proceeds, the patient need never despair of a cure, as I have hitherto had opportunities of observing during twenty-eight years practice. But when the disease ceases to be symptomatical by its long continuance, the constant stimulus of acrimonious humour renders the malady fixed in the constitution, the whole nervous system becomes affected, and the case of the unfortunate sufferer is too often lost. I have often met with in my practice consumptions of the lungs, accompanying a nervous atrophy; for in the progress of this latter disease the lungs will become more or less affected, arising from the impoverished state of the blood, which being deprived of its nutritious and oily juice, grows sour and too hot, affording none or very little nourishment to the muscular parts. A hectic heat will often succeed fixed in the whole habit: sometimes a considerable cough and difficulty of breathing, with restless nights.—The cure of this kind of consumption, as well as the former, is to be treated according to the variety of circumstances which first produced it. The first thing to be attempted is to mend digestion; the second, to quiet the agitation of the nerves; and the third, to diminish the sharpness of the humours,

humours, and to facilitate the insensible perspiration; the obstruction of which causes the most inflammatory heats, which finally produce the most malignant disorders of the breast. With regard to the first particular, an opportunity to assist the stomach appears daily, but nothing is more frequently mistaken than the means. Various causes impede digestion, and sometimes they are diametrically opposite. It is nevertheless, only by attacking the cause that we can effect a cure, when unhappily we think of nothing else but effect.

Some have thought that the stomach which cannot digest must be weak, and to re-establish its tone it must be strengthened; for this reason are not unfrequently taken multitudes of hot medicines, preparations of steel, aromatic opiates, bitter draughts, burning elixirs, and a variety of other drugs, equally pernicious, and only of service where there is too great a relaxation in the fibres, stomach, and bowels—infirmity in the bile, too much water in the fluids, separated by the gastric and intestinal glands *. But very
often

* I have found, from experience, that the grey nicker is the most powerful strengthener of untuned nerves hitherto discovered; but it is difficult to be procured in England. It is an exotic plant, and grows spontaneous in South America, and most of the West India Islands. The nuts of
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often the disorders of the stomach depend on very opposite causes : the spittle and stomachic juices being too thick and insufficient in quantity, the fibres stiff and inflamed, melancholy, languor, heating meats and drinks, bilious inflammation, and over-charged liver, more commonly occasion bad digestions and disorders of the stomach than the weakness and relaxation in that organ.

From repeated experience, I have often found that most of these consumptions arise from a hot, acrimonious, dry, and inflamed principle, stimulating the whole nervous system. We have been hitherto peculiarly unhappy in a mistaken treatment of nervous disorders, because their origin had not been sufficiently investigated : their different species, which required very different remedies, were left unexamined.

which are chiefly used : they are similar in shape to our acorns of the oak. I have recommended to some of the eminent druggists to import this valuable medicine, which will prove a great acquisition to the *Materia Medica*.

The method of preparing and administering this remedy is as follows : Take of the bruised nuts, three drachms, boil them in two quarts of water to one ; when cold, strain the decoction, and add two ounces of the syrup of orange peel. Let a wine glass be taken three or four times a day at medicinal hours. It is also given in powder from six to fifteen grains for a dose : and also in extract from five to ten grains, according to the circumstances of the patient's case. The columbe root, in many cases, has also been found to do great service.

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This branch of physic has been long confined to hypothesis, the subject of party disputes, or at least influenced by fashion.

Many eminent physicians have regarded all disorders of the nerves as the consequences of relaxed fibres, and weak digestions, and would effect a cure by means of remedies, which are hot and bracing. In attributing all nervous complaints to one cause, they have proposed but one kind of remedy, under the name of tonics, which unhappily too often fails of success.— But those remedies, so hurtful in these cases, are very beneficial, where a weak fibre or poor and watery blood are the true causes of the complaint, which the patient may labour under, and such cases often do occur. An urinary irregularity is in general the first symptom of diseased nerves, and the greatest attention should be paid by the patient and physician to this discharge. I have seen the most dreadful cases, which have all grown worse; the cause of which being in the beginning not understood, and improperly treated by practitioners. To those whose nerves are disordered, all impressions being too strong, violent remedies must be terrible indeed, and

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such mistakes are too common ; for nothing has occurred to me more frequently, than to see patients afflicted with every disorder of this species, because at first it had been attributed to a disordered stomach, those symptoms of uneasiness, stoppages and oppressions in the stomach, bad appetite, flatulency, eructations, fallow aspect, which were the first effects of those irregular motions of the nerves of the stomach and intestines ; and there is certainly no physician who has any employment, but must have been consulted more than once, by patients whose only disorder was nervous ; nevertheless which had been treated under the idea of some other distemper, to the great detriment of the sufferer. All such errors are unhappy for the afflicted. I have often been consulted by people, whose cases had been mistaken for venereal complaints, &c. and had undergone a mercurial course, although they had not a single symptom characteristic of the imputed disease. It is not therefore at all amazing, that disorders of the nerves should be very common and permanent, and that the alteratives of well and ill, and ill and well, should so frequently happen ; that the patient need have a great
deal

deal of courage, and the physician a great deal of experience, before a cure can be performed.

S E C T. VI.

Of a Phthisis or Consumption in general.

WE have hitherto taken a short view of the fabric of the Nervous System, and endeavoured to shew the wonderful sympathy between every branch thereof. We will, in this chapter, make a few observations on the baneful effects that these wonderful chords have, when they are diseased, upon the pneumonic function or action of the lungs. Of all the diseases of the breast, a Phthisis or Consumption by right claims the first place; for there is none more frequent or difficult to cure. By this malady both inspiration and expiration are hurt and perverted; and like lesser streams impregnated with contagion running into a great lake, corrupt the whole mass, and end in a

phthisis, losing both their natures and ancient names. The terms of phthisis and tabes, in their proper signification denote an atrophy, or a withering away of the solid parts, with debility of strength. These distempers frequently proceed from ulcers seated in some of the internal functions, and sometimes the lungs themselves become ulcerated. But the greatest number of cases I have met with in the course of my practice, have taken their rise from the mere fault of the fluids, and chiefly from the nervous juice. This disease in general is accompanied with an obstinate cough, which is most distressing during the night season, sometimes dry, but oftener moist, and sometimes attended with an inclination to vomit, oppression of the chest, and difficulty of breathing when the patient walks or stirs briskly; by an habitual fever increasing always after eating, with a flushing and circumscribed redness of the cheeks, while the rest of the face is pale, thin, and looks as if it were not clean washed: the pulse is always frequent, but at night becomes hard, and exceedingly quick, whence great heat of a peculiar kind, and dryness of the skin, particularly in the palms of the hands and soles of the feet, with thirst and inability to sleep :

sleep: toward morning a sweat sometimes breaks out, and procures a remission of the febrile symptoms; when a looseness supervenes the spitting lessens, and the mucus or purulent matter appears to be carried downwards, the flesh wastes away, the eyes sink in their sockets, the legs sometimes swell, the nails curve inwards, the hair sometimes falls off, and death steals on without being perceived by the exhausted patient, who continues sensible to the last hour, and sometimes even then entertains the false hope of prolonging a miserable life. The phthisis is a frequent disease in most parts of the British islands: it is also very often hereditary, the seeds of the disease or morbid disposition of body being transmitted from parents to their offspring.

The signs which shew this disposition are a weak and shrill voice, apt to become hoarse on very slight occasions, remarkable proneness to a cough, and hawking up of phlegm in the mornings, a circumscribed florid redness in the cheeks, sometimes bleeding from the nose, a pulse easily flurried, and breathing easily disturbed. People so circumstanced, as to shew all or most of these signs, if very particular attention be not paid to the preservation of their health,

will fall into a pulmonary consumption. Great temperance and care, and living in a pure atmosphere, distant from the smoak of large towns should be carefully attended.

The Phthisis is to be considered (as we have before observed on the atrophia) either as primary or secondary, coming on in consequence of some preceding disease.

In what is termed the Dry Phthisis, wherein the cough, though exceedingly distressing, is not followed by any expectoration, either of coloured mucus or purulent matter, what the patient spits up, until near the close, is only a white frothy phlegm, and that but in small quantities. Dissections shew, that in these cases the mucus and lymphatic glands, which are dispersed in great numbers throughout the whole substance of the lungs, are enlarged and hardened, either forming earthy concretions, or running into clusters which do not suppurate kindly, but remain in a scirrous state, livid or dark coloured, and when cut, into a thick and purulent mucus, and coagulated blood ouzes forth. The way to distinguish this from a common cough, or from a dyspnœa, is by attending to the wasting night sweats and febrile symptoms already described. This dry phthisis comes
on

on by such flow and imperceptible degrees, and the glands are stuffed up so gradually, that the unfortunate sufferer seldom applies early enough to be compleatly cured, because the means cannot be applied too soon to obviate the danger. In the beginning of the disease, before the schirous tubercles are actually formed in the lungs, some patients may find advantage from courses of goat's whey, with deobstruent medicines, such as the gum ammoniac combined with soap, and the martial flowers, others will receive benefit from Seltzer water, or from the sulphureous springs, such as Harrowgate, Moffat, or Swadlinbar; and if along with these courses they use the exercise of riding, and all the while have a strict regard to temperance, there will be a probability of preventing the thickening and stagnation of lymph in the glands of the lungs: but as I have said above, these remedies, &c. are scarcely ever applied so soon as to prevent the formation of the disease, we are obliged to have recourse to them afterwards to prolong life, or palliate the complaints.

Seatons or issues in this sort of consumption will be found of use, as they tend to obviate the ill effects of any degrees of plethora that may occasionally happen to take

place in the constitution, and for the same reason bleeding will sometimes be required to free the breathing, and procure relief from stitches that are apt to torment the patients.

There is another species of the phthisis, wherein the cough is accompanied with a remarkable expectoration, at first without smell, and uncoloured viscid mucus ; but as the disease advances the spits become foetid, yellowish, grey, or of a greenish cast, have sometimes a sweetish taste, and sometimes that of common salt. This kind of consumption appears to proceed from a perverted secretion, too much lymph and mucus being thrown on the glands of the lungs, which in time come to be softened and melted down, that the entire substance of them, when they are inspected after the patient's death, has both the look and the feel of soft dough, without much appearance of organic texture ; hence the cure must consist in restoring order to the secretion in general, and in strengthening the whole corporeal frame. For these purposes, the Peruvian bark, combined with strengthening gums or balsams, sometimes aided by the acid elixir of vitriol, chalybeate waters, and the other requisites of pure air, moderate exercise, and cheerful company,

company, will be found the best remedies. These cases, when they arise from purulent matter, absorbed from any of the internal functions, if taken in time, may be completely cured, and even when the disease has made considerable advances, and has absolutely formed itself, life may be preserved for many years. Gentle emetics are sometimes remarkably useful, not only to shake off the load of viscid mucus, and promote freedom of expectoration, but also as a kind of exercise to strengthen the lungs; for the same reasons, sailing will be found to contribute greatly to the cure, or at least mitigation of the disease.

It sometimes happens in all the varieties of consumptions to see the spits now and then streaked with blood; but there are some cases wherein hæmorrhages from the vessels of the lungs are so large and so frequent, as to give a distinguishing character to the disease.

These frequent spittings of blood imply great weakness of the pulmonary vessels, and great acrimony of the juices. The Peruvian bark, therefore, and the Bristol or Mallow waters, with occasional bleedings, and opiates interposed, according as the returns of the hæmoptoe may demand, will be found

found in many cases to do infinite service. There is no variety of the Phthisis that requires the living in a pure and settled atmosphere so much as this, nor any wherein temperance of every kind is to be so studiously observed.

PART IV.

SECT I.

Semeiology or Signs of Diseases.

THAT part of physic which is termed Semeiology, or the doctrine of signs, explaining the methods whereby we are enabled to form a judgment of the nature and present state of a disease, deserves to be ranked as a most useful branch of the healing art. It is not an uncommon thing in the medical authors, to see signs that are purely such confounded with the symptoms which make a part of the disease.

For though all the symptoms are signs, yet all signs are not symptoms; as for instance, a quick pulse, and high coloured urine, are signs of a fever, provided the person who has such a pulse, or makes such urine,

urine, is at the same time affected with the symptoms of excessive heat, thirst, loss of appetite, weakness, and restlessness; if he has not all or most of these symptoms, then the quick pulse and high coloured urine infer nothing; because it often happens that these shall occur without being attended with any one species of inability or distress. As the symptoms are the component parts of the disease, they must of course be the true signs; so that we only feel the pulse, and inspect the urine in aid of these signs; for if the urine and pulse be considered without reference to the symptoms, they can never enable us to form any judgment concerning either the nature or actual state of a disease; as for example, we are told that a person is afflicted with a sharp and fixed pain in the side, increasing upon inspiration, and accompanied with a teasing cough, excessive heat, thirst, and restlessness: now we know that this combination of symptoms forms the disease called a pleurisy, and therefore will not hesitate to pronounce that this is the species which the sick person labours under; but if we are only told that the pulse is quick and full, or that the urine is high coloured, then we cannot tell with any degree of certainty whether there be a
disease,

disease, or whether the person has overheated himself with violent exercise. We are again told that another person labours under great debility, with flying pains about his back and loins, with nocturnal emissions, and the semen sometimes running off involuntarily; if on examination of the ducts, which conveys that fluid into the urethra, there should be found any purulent matter, we may then conclude that the patient is afflicted with a *tabes dorsalis*, which disorders his whole frame.

Signs are distinguished as being either diagnostic, prognostic, or anamnestic.

Diagnostic signs assure us of the present state of a disease, and serve to define or distinguish it. Thus excessive heat, severe pain in the head, great thirst and restlessness, with a dry skin, an extremely frequent, full, and hard pulse, and high coloured urine, are the diagnostic signs of that species of fever which is termed inflammatory.

Prognostic signs are those which enable us to foretell the changes that will happen during the course of the disease. Thus, if a person labouring under an inflammatory fever, complains that the pain of the head is become extremely violent, with a buzzing in
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the ears, a redness and fierce look in the eyes, and the urine changes to a watery paleness, we may safely venture to prognosticate that a delirium will shortly supervene.

Anamnestic signs are those which enable us to tell what disease the party is just emerged from ; for instance, a scurfy dryness of the skin, with sore eyes, a troublesome dry cough, and weakness, shew the person so affected has lately had the measles. It is sufficiently obvious, however, that these anamnestic signs are not of much importance, even if they were more to be depended on than they really are ; the knowledge of the diagnostic and of the prognostic is what we are principally to cultivate.

The symptoms then are, the true and genuine diagnostic signs of diseases ; but many of these symptoms are such as can neither be seen nor felt by the afflicted ; and this, unfortunately, too often happens in the *tabes dorsalis*. I have known instances of patients where many years had elapsed before the cause of their disorder was discovered. A true knowledge of diseases must come by practice and experience.

Induction, and the information given by the patient, especially in personal consultations, is the surest and safest guide to direct

the proper remedies for the restoration of health. But it very often happens that patients consult me by letter, at great distances in the kingdom, and many are incapable of distinctly relating the complaints under which they labour. Hence it is I have often felt much concern, lest from the want of a thorough knowledge of the cause of the disease (which an interview would give) I should fail to render permanent relief.

S E C T. II.

Signs derived from the Pulse.

It has hitherto been generally said, and believed, that the very ancient physicians availed themselves but little of the observations which may be made of the Pulse, and that there is only slight mention of it in the writings of Hippocrates; but Professor De Haen, of Vienna, who worshipped the parent of physic, deems it injurious to the honour

nour of Hippocrates, that he should not be allowed to know as much concerning the Pulse as any of those who have come after him. He has quoted above forty different passages, wherein mention is made of pulses and pulsations*.

Aretæus, indeed, from the extracts given by De Haen, appears to have attended a good deal to the changes of the Pulse; but whatever omissions, with regard to this matter, may be chargeable on Hippocrates, are amply made up by the luxuriant fancy of his commentator Galen, who has formed an extravagant number of distinctions, most of which do not occur in practice, or, if they did, they could not be known from the descriptions which are given: much the same thing may be said with regard to the doctrines of some modern writers, who have persuaded themselves that there are peculiarities of the Pulse from which one may foretell many things with respect to the progress and event of a disease. These peculiarities which can only be observed by a very attentive head, and a very nice touch, are not to be learnt from books; and if there be such pulses as Solano, Bordeau, and their followers have told of, those who are

* Vid. Ratio Medendi. Part 12. Chap 1.

desirous

desirous of learning how to distinguish them, must attend to the practice of these gentlemen, and be taught at the patient's bedside how to know the variations from the states of the pulse, which are observed by common practitioners.

Before we draw any conclusions from the state of the pulse, we are always to consider that the healthy rate is relative to the particular circumstances of age, sex, and constitution:—in the first place, therefore, we should, if possible, find out what the healthy rate is, as that must be the standard whereby to judge of the degree of morbid deviation.

We are also to consider that the vascular system* is but a part of the animal machine, and though, from the pulse, we may infer there is no disorder in respect of the general circulation, because we find the motions to be moderate, equable, and free; yet that does not assure us that every thing is well on the part of the nerves, because there may be very much disturbance there, while little or none shall be perceived from the pulse. All persons who practice physic should make themselves well acquainted with the degrees of strength and general rates of the pulse, as felt in infants, adults, and aged men, and

* Vascular system—the blood vessels in general.

in women, while in perfect health, for all these have their own peculiar healthy rate.

During perfect health the Pulse will be found equable, moderate, and free, whereas in the morbid or diseased state we shall sometimes find it unequal and intermitting; the time between the strokes, as well as the force of the strokes, every now and then varying; sometimes it will stop entirely, sometimes it will be found immoderately quick, and sometimes unnaturally slow, sometimes it will be raised greatly above the healthy degree of strength, and sometimes sunk as much below it.

The inferences to be drawn from these different states of the Pulse are, in general, the following:

From the unequal or intermittent Pulse, we are to infer that there is great disorder in the nervous system, and consequently must look on this kind of Pulse as an alarming sign, and one that ought always to put us on our guard, and prepare to expect the the very worst that can happen. The degree of danger should be estimated, however, from the circumstances that have preceded, or which may attend this uneven or intermittent Pulse; for if it comes at the close of a disease, when the strength is much exhausted,

hausted, or after long evacuations of any sort, especially the *tabes dorsalis*, we may look on it as a desperate sign; but if it happens only after some sudden gust of passion, or is in any degree habitual (as hath sometimes been observed) then we need not be so much alarmed.

A stoppage of the Pulse must always be deemed very alarming, if it continues any time, or if it succeeds profuse hæmorrhages, or other discharges: if there be any circulation of blood while the Pulse ceases to be felt, it must be owing to the simple dilatation and contraction of the heart, without any considerable degree of subsultory motion.

Some writers distinguish between a quick and a frequent Pulse; by a frequent Pulse they mean, that there is an unusual number of strokes in a given space of time, and by a quick Pulse they understand that the stroke is made with remarkable smartness, in the smallest portion of time that can be conceived: the epithet hard seems rather to express this matter better than quick; and therefore we shall apply it to signify that stroke of the Pulse which is made in such a smart way, and is accompanied with such tension in the coats of the artery, that it

gives the idea of somewhat hard lying under the finger.

From the pulse that is immoderately quick or frequent, we may infer that there is an unusual irritation kept up in the vascular system, either from acrimonious matters contained in the blood, which stimulate the heart and the arteries, in the same manner as acrid matter about the mouths of the seminal vessels stimulates the nervous system; or it may arise from the ventricles of the heart not being able to empty themselves completely, whence they are kept in a constant state of irritation: Besides, the ventricles may want power for enabling them to contract sufficiently, or the extremities of the arterial system may be so constricted or closed up, that the blood is too much accumulated about the centre, or it may be returned from the circumference faster than it ought to be, and in greater quantities than the heart can well receive it, as always happens after violent or unusual bodily exercise: hence we may understand the reason why all profuse evacuations quicken the Pulse; for in people who die in consequence of such, the Pulse, as death draws near, becomes exceedingly frequent, because the muscular force of the heart is now so greatly weakened,

weakened, that the ventricles can never sufficiently clear themselves, as also why every thing that causes spasmodic constriction must quicken the Pulse; and thus we see, that a quick Pulse must be inseparable from a fever, so long as the arteries at the circumference are in any considerable degree constricted or straitened.

A frequent or quick Pulse, considered merely as such, does not imply that the circulating force of the blood is increased, or that any given quantity of it moves through a greater space of the containing vessels in a given time, than it did before the Pulse became more frequent than it ought to be in the natural state.

The circulating force of the blood is to be estimated by multiplying the strength of the Pulse into the number of strokes in a given time. For the sake of illustration let us estimate the strength of the Pulse in the time of perfect health as equal to four, while the number of strokes in a minute are 70; 70, multiplied by 4, gives 280; 280 then, we shall say, is the circulating force in the time of perfect health.

Now, let us suppose an inflammatory fever to arise, and that the strength of the Pulse is increased to 5, while the number of

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strokes

strokes in a minute is increased to 112: these two numbers being multiplied into each other produce 560, which is double what the circulating force was during the natural and healthy state.

But let us suppose the number of pulses in a minute to be still 112, and the strength of the stroke to be reduced one half below the healthy standard; that is, we shall reckon only 2 instead of 4, then the product will only be 224, which is greatly below the healthy rate. Thus we see, that notwithstanding the Pulse is so much more frequent, yet the mass of blood does not circulate with such freedom and velocity, as it did while the heart contracted itself only 70 times in a minute, instead of 112.

When we find the Pulse unnaturally slow, we infer that the heart and arterial system are less irritable than they ought to be, which may happen from a want of proper supply of subtle nervous fluid to enliven the fibres, as seems to be the case when the vessels or ventricles of the brain are surcharged with blood or serum, or when it is pressed upon by the skull beat in or fractured: the irritability of the heart may also be lessened, and the power of its fibres weakened, from an accumulation of oily, gelatinous, or watery

tery fluid in the cellular interstices, as happens in the cases of over corpulent or hydropic habits, or from the too great accession of inert solid matter, which seems to be the case of people advanced in life, in whom the living solids are obstructed in their motions by the gradual increase of inert solids.

As mere quickness or frequency of Pulse does not imply that the circulating force of the blood is increased, neither does mere slowness prove that it is diminished; so that we are to form our judgment here on the same principle as we did with respect to the other: as for instance, if the Pulse of a person who is just recovering from a fever shall become so slow as to beat only 56 times in a minute, while the strength of each stroke or impulse shall continue so great as to be estimated at 5, then we see by the product, which is 280, that the circulating force is precisely the same with what it was in the time of perfect health, when we estimated the strength at 4, and the number of pulses at 70.

Hence we may understand the reason why a strong and a slow Pulse, provided it be equable, is such a good sign, when it succeeds that which has been weak and frequent; and why we look on such a Pulse as

a sure sign that the crisis of a fever has been complete, and that perfect equability and freedom are again restored to the circulation throughout every part of the vascular system.

A strong Pulse shews, that the influx of nervous fluid to the heart is perfectly free, and that the fibres of this muscle, and the arterial system in general, are firm and entire, while the blood which the vessels contain will be found remarkably dense, and rich in the colouring part; on the contrary, a weak Pulse must denote want of power in the heart and vascular system in general, arising from a relaxed and flabby state of the solids, joined to a poor, thin, and watery state of the blood.

The hardness of the Pulse, which is peculiar to some diseases, particularly inflammations of the membranous parts, which are accompanied with severe pain, is supposed to arise from an unusual degree of tension communicated to the motory fibres in general; extreme softness, on the contrary, must be ascribed to the opposite state of the living fibres, and must be considered only as a variation from the weak Pulse.

From reviewing what has been said concerning the several states of the Pulse, as considered separately, we may easily infer
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what follows from their several combinations ; thus a quick, hard, and strong Pulse plainly denotes that the heart and arterial system are greatly irritated ; that there is much tension of the motory fibres in general, and that the vessels are full of blood, which is usually dense, and stored with red particles.

Thus much may suffice concerning the Pulse, with respect to the morbid state of the human body in general ; but in particular species of diseases, it is impossible to convey a proper idea on paper of the various minutiae as it is found to be affected in different cases.

S E C T. III.

Signs derived from Respiration.

AS the whole mass of circulating fluids must necessarily pass through the lungs in its progress from the one ventricle of the heart

heart to the other, we may readily comprehend that the signs derived from the Pulse should be confirmed by those which are taken from Respiration.

While people enjoy perfect health, Respiration is carried on, so as to give ease and refreshment, and with such a gentle motion of the different parts concerned, that the rising and falling of the ribs is scarcely to be perceived; the cavity of the chest being alternately enlarged and diminished, chiefly by the alternate relaxation and contraction of the diaphragm and muscles of the abdomen. But in some diseases we often observe the Respiration to be much disturbed and interrupted, being performed with pain, some cases with great languor and sighing, and others difficulty, quickness, a perceivable noise, and an evident motion of the ribs. All these different deviations from the healthy standard, are to be used as signs, to enable us to judge concerning the degrees of disturbance and interruption in regard to the circulation of the fluids, for the Lungs may be looked upon as an epitome of the whole body, with respect to its vascular composition, this wonderful viscus having so many series of vessels; and, therefore, the blood which flows freely through the vessels
of

of the Lungs, may be supposed capable of making an easy circuit through the remainder of the sanguiferous canals.

In health, it is generally observed, that we draw our breath only once, while the heart contracts itself four times ; hence we may infer, from a Respiration which is quicker than usual, that the blood is sent out from the heart into the arteries of the Lungs in great abundance, owing, sometimes, to its being returned from the circumference to the center in unusual quantities, as is the case after violent bodily exercise, and in some particular passions of the mind : hence it is that spasmodic constriction always quickens the Respiration, which will also happen when the circulation through the Lungs is any how interrupted ; for if the Lungs cannot afford a passage to the usual quantity of blood from one dilatation, this defect must be made amends for by the repetition : hence we see that a quick Respiration may be held as a sign of infarcted Lungs, and these infarctions, as hath been already mentioned, Part III. Sect. V. may be of various natures. The Respiration, also, will be quickened, if the muscles concerned in this action (especially the diaphragm) be agitated with any degree of spasm : and this is a case that
often

often happens in hysteric patients, and in nervous diseases, and sometimes from flatus or wind, or from other offensive matters pent up in the stomach or intestines; and not unfrequent in infants, from a load of coagulated milk or other stimulating or oppressive materials.

A laborious difficult Respiration, wherein the breathing is unnaturally quick, the thorax not being sufficiently enlarged as to its capacity, is a sign that the passage through the blood vessels of the lungs are interrupted, either by a spasmodic stricture of these vessels, or (if the notion of lentor be admitted) from a too great tenacity of the blood, which cannot easily make its way through the minute extremities of the pulmonary artery; or difficult breathing may denote that there is an accumulation of watery, oily, or perhaps earthy matter in the cellular part of the lungs, whereby the air vessels, as well as the blood vessels, are compressed, and the one set hindered from being sufficiently distended with the air, while the others are straitened in their diameters: hence the passage of the circulating fluids must be interrupted in proportion to the quantity of matter so accumulated.

Respiration,

Respiration, attended with a fixed internal pain, which is very acute and distressing, is a sign that the membranous covering of the lungs, and the membranes which line the thorax, are in a state of inflammation, the vessels spread over these parts, being over distended, and nearly ruptured, by the load of fluids which are forced into them; if a laborious and very difficult respiration be attended with a dull, deep seated pain, and quick, but weak pulse, it shews the substance of the lungs to be inflamed.

But if the pain which attends difficult Respiration be in the fleshy and external parts of the chest, and is not fixed, but flies like a cramp from place to place, the pulse at the same time being little disturbed, it is a sign that there is some spasmodic affection, which will probably be relieved by an opiate, or if rheumatic acrimony, it will give way to the application of a blister.

A quick and difficult Respiration, with a sobbing or rattling in the fauces, if it succeeds other bad signs, such as frequent and very weak pulse, cold sweats, insensibility, or total loss of strength, may be looked on as a sign of approaching death.

As difficulty and disturbance in the action of Respiration may be brought on by a
great

great variety of causes, many of which, in themselves, have but little distress or danger, we can never infer any thing with certainty from the signs of Respiration alone, but must always take into the account the other circumstances and symptoms attending the patient, and by laying the whole together draw the proper conclusions; for instance, we shall often see persons of a very delicate habit, endowed with much sensibility, fall sometimes into very great distress in regard to the action of Respiration, from causes that affect only the muscles concerned in this action, and which do not much interrupt or disturb the passage of the blood through the lungs; consequently, though very alarming at first sight, it is not to be held as a sign of much danger; for while the passage through the pulmonary vessels keeps tolerably free (and this may be always known from the pulse), we are not to look on difficult Respiration as a sign of approaching death; but if a suffocating or exceedingly difficult Respiration should come on, when we are convinced from other circumstances that the lungs are in a state of inflammation, or are stuffed up and incumbered with watery, mucous, oily, sanguineous, or purulent matter, then we are to esteem

esteem it as a very bad sign, and prepare for the worst ; hence the great difference of the cases arising from infarcted or incumbered lungs, and those wherein it is owing to affections of the lungs bestowed on the muscles of respiration.

As there are accidental or constitutional peculiarities of pulse, which should always be attended to, in like manner we are still to consider that Respiration is liable to vary much in different people, according to the different formation of the chest, and the particular state of the lungs ; to which we must add the different effects that may be expected from changes of weather, and from the differences of climate and situation.

S E C T IV.

Signs which denote Disorder in the Nervous System.

IT is well known, from a multitude of observations and experiments on living animals, that sensation, perception, and voluntary

tary motion, all depend on a sound state of the Nerves; therefore, when at any time we find the different external senses, the faculties of the mind, or the powers of the muscular fibres impaired, disordered, or suspended, we may be then certain that all is not right with respect to the Nervous System; and by comparing the various morbid deviations with the states of perception, sensation, and voluntary motion, as they ought to be in a healthy subject, we may be enabled to form some notion of the several degrees of morbid distress and danger.

As for instance, a person in a fever is very delirious, and unable to sleep; the actual cause of these two symptoms, we presume to be a too plentiful distribution of the nervous fluid to the organs of sense, both internal and external; therefore, on observing these two symptoms, we infer that the increased force of the circulating fluids which constitutes the fever, has also produced an increased secretion of nervous fluid, and that this subtle matter is now sent into the Nerves in a too great proportion. Hence also, we conclude, if these two symptoms continue to rage with violence,

lence, that the sick person's life must be in very great danger, because of the extraordinary waste of this enlivening fluid, without a due share of which the animal motions cannot possibly be carried on.

But if the same person, in the course of this fever, becomes stupid, and sinks into a constant dozing, then we are to infer that the Nerves are not sufficiently supplied, and that their motions are become remiss, by reason of the blood vessels of the brain being over distended, or perhaps ruptured, from the continuance of the violent and rapid motion of the circulating fluids: and hence again we prognosticate the dangerous situation of the patient, from the appearance of these two accessory symptoms.

On the same principle we always infer great danger from spasms, when joined with disorder of the vascular system, or from extreme weakness of body, or dejection of spirit, than which there cannot be more alarming signs, when they appear in any species of febrile disease.

We also know by experience, that the Nerves are equally liable to be affected at their origin in the brain, and by offensive matters acting on the places where peculiar branches of these wonderful cords terminate;

nate; for instance, if the mouths of the feminal ducts which convey the semen into the urinary passage are stimulated with purulent and corrupted matter, it will communicate, by some inexplicable sympathy, distress and disturbance to the whole frame.

Sometimes all these disturbances will arise from acrid and offensive matters, pent up in the alimentary canal: the general system of solids, and the common mass of fluids being not in fault, it will be of great utility to observe the signs that shew the presence and nature of these noxious matters, and which point out the most proper ways and times for correcting or expelling them. The signs that indicate in general a load of offensive matter in the stomach or flexure of the duodenum, which may and ought to be evacuated, are chiefly these: foulness of the tongue, when it is beset with fordes and thick sloughs; a bitter, sour, rancid, or putrid taste in the mouth; nausea and loss of appetite; pain in the left orifice and upper part of the stomach; weight and oppression about the præcordia, with fullness and a soft swelling of the hypochondria; heaviness, giddiness, and pain in the head, shivering and coldness of the extremities, with a general lassitude and loss of strength.

But

But when the load of offensive matter is lower down, there is generally then a distention, pain, and rumbling noise of the belly; foetid, sharp, and griping stools; pain in the loins, and extended down the thighs, together with weakness, and a heavy, dull kind of pain about the knees.

The general state of the Nervous System may be also judged of, in some measure, by the look of the eyes, and from the general appearance of the whole countenance; the more these appearances deviate from the peculiar and healthy look, so much the more alarming.

Practitioners, who are much conversant among patients labouring under these diseases, imperceptibly acquire a knowledge of those signs, which are derived from observing the eyes, from the general cast of features, and the state of the seminal functions; but there is no such thing as communicating this knowledge in any other way, than by pointing out the appearances as they actually present themselves in the patient.

S E C T. V.

Signs derived from the Urine.

AS the health of the human body depends greatly on the due and regular separation and expulsion of excrementitious matters, so the examination and inspection of these, both with regard to their quality and quantity, is of equal service in leading us to form just notions of the state of the body, with the observation of the pulse or inspection of the state of the seminal ducts in patients labouring under that disease, which makes the chief subject of this work.

The Urine (being an excrementitious humour that is easily examined, and which frequently shews by its changes the state of the animal motions, as well as the condition of the fluids) has very much engaged the attention of professional men in the healing art, from the earliest antiquity.

Before we pretend to judge of the appearances in the Urine of people labouring under diseases, we ought to know what its
state

state is in persons who enjoy perfect health ; and here again there is a considerable latitude, as the Urine will appear differently, according to the time of life, and according to the manner in which people feed or exercise themselves. The Urine of infants is mild and colourless in comparison with that of an aged person, where the saline, oily, and earthy principles abound so much as to give the Urine an high colour, strong smell, and considerable sharpness. The same in general may be said of the Urine of sedentary persons, who use little or no bodily exercise, and that of one who labours hard every day. The more the body is exercised the more highly impregnated is the Urine with the saline, oily, or earthy particles of the blood.

The appearances of the Urine likewise depend much on the quantities and qualities of drink which people accustom themselves to. Such as pour down great quantities of liquids must make a great deal of thin and pale Urine, not much saturated with the oily, earthy, or saline particles ; the contrary will happen to such as drink but little.

The colour of healthy Urine in general may be likened to that of Rhenish or Lisbon wine, limpid throughout, and without

sediment; for sediment in Urine implies, that the different principles of the blood are either unequally proportioned, or not sufficiently mixed and blended together, and consequently shews some defect or deviation from the natural and sound state.

Urine, which is limpid, watery, and in great abundance, shews that the cutaneous* discharge is preternaturally diminished, and is always an attendant on hysteric or hypochondriac paroxysms, where there is a sensation of extreme cold, oppression, and frequently severe pain in some particular part, most commonly the head or loins.

Urine of this sort is frequently observed in nervous diseases, and in the tabes dorsalis, and is to be held as a bad sign, since it shews that the spasmodic stricture of the smallest arteries are very great: whence we may infer that the case is of a serious nature, and requires great attention.

Pale, thin, and limpid Urine, in persons where there is no disturbance or disorder of either vascular or nervous system, shews the blood to be poor and watery; it denotes that the body wants sufficient exercise, and that the solids in general are in a weak and relaxed state.

* The insensible perspiration.

Pale and turbid Urine shews the bad state of the digestive organs ; that they have not sufficient power, and that the saliva, the bile, and other digestive fluids, have greatly lost their dissolvent and assimilating qualities ; whence the chyle that is carried into the blood is crude and indigested, retaining too much of the original substances from whence it was formed, as persons in these circumstances have in general the first passages clogged with a viscid phlegm, which favour the generation of other diseases : hence it is that pale and turbid Urine may be held as a bad sign.

Urine that is reddish or high-coloured, but without sediment, is a sign that the body has been over heated, either by violent exercise or from an inward burning heat ; for the colour of the Urine is supposed to depend chiefly on the quantity of oil it contains, and an increased velocity in the circulation never fails to increase the absorption of oily matter from the adipose cells ; so that when oil is mixed with the blood in an undue proportion, the Urine will naturally come to partake of it, and put on a higher colour than what it has in people who enjoy perfect health : such urine is therefore, for the most part, found in that

disease called by Hypocrates, the Lipyria, which has been already mentioned in a former part of this work. But when things come to a favourable crisis, and the fluids freed from these acrid matters which kept up the irritation, then the Urine becomes so loaded, that it can no longer retain the oil and salts in dissolution, but is found to deposit a considerable portion of sediment.

The experiments which I have from time to time made, seems to explain this matter pretty clearly. From these it appears, that if the Urine of a person in perfect health be divided into 512 parts, 494 of these will be found to consist on the analysis of a watery fluid; 12 of them will be a mixture of saline and earthy matter; 5 will be purely saline; and only one of them will be oily. But the proportions were found to differ very much in Urine which was made by a young gentleman, who had long laboured under the Lipyria, or internal burning heat, attended with pains in his loins, nocturnal emissions, and other very bad symptoms of the tabes, until the 30th day, when an equilibrium was restored, and the Urine let fall a great load of sediment: here, of the 512 parts, only 484 were watery, whereas the earthy saline was

14, the purely saline 11, while the oily, instead of 1, was 3, of the whole 512.

From this difference between the Urine of a person in health, and that which is made at the time when a disease is going off, we plainly see the advantages to be expected from Urine so loaded; that it lets fall a plentiful sediment, since it denotes that those saline and oily particles, which, whilst they remained in the blood, increased the disturbance of the motions of the living solids, are now thrown off, and the spasmodic stricture in great measure removed, whence freedom and equability will be again restored to the circulation.

The colour of the sediment denotes the different condition of the fluids; thus, a yellowish sediment denotes that the flow of bile into the duodenum is by some means interrupted.

A blackish sediment shew a putrescent disposition in the general mass of fluids, and is accounted a very alarming sign, being only found in those diseases where the texture of the blood is much destroyed by a putrefactive acrimony.

Great abundance of pale and viscid sediment is a sign of a relaxed habit, and of much crude and indigested humours, not
only

only in the first passages, but also in the general mass of fluids, and may therefore be looked upon as denoting that the disease, whatever it be, will run out to a considerable length.

This kind of Urine is frequently observed in diseases of the intermitting kind. The lateritious or brick-coloured sediment is found not unfrequently in the Urine of patients labouring under a hæctic, arising from a dorsal consumption, and affords but a bad prognosis.

In cases where there has been no Lipuria, and, nevertheless, Urine with much sediment is discharged, it is one sign that the biliary system is obstructed.

Urine, with an oily matter floating on it, denotes that the body is in a colliquative* state; for as it is the oil of the adipose part of the cellular system, that gives the agreeable plumpness and fulness of flesh, so when this is either preternaturally absorbed, or when it is retained in the blood, and not strained off and poured into the adipose cells, the body must necessarily fall away.

When much earthy matter sticks to the sides of the vessel containing the Urine, or

* The melting away of the solid parts from the burning heat of the fluids.

when

when there is much of this earthy sediment, it is a bad sign, and shews that all is not right, and that there is a disposition in the habit to breed diseases of a very serious nature, and should be early attended to, especially if any grit or gravel be found among the settlings of the Urine.

Little crystals of a brownish salt, collecting on the surface of the Urine, or adhering to the sides of the glass, denote the presence of a gouty or rheumatic acrimony, and are frequently seen in diseases where there is a mixture of rheumatism.

Purulent matter in the Urine shews the kidneys, bladder, or prostate gland to be ulcerated.

A great load of viscid slime denotes that the inside of the bladder is much irritated, by a stone, or some other offending substance.

Bloody Urine also is sometimes occasioned from the presence of a rugged stone, though it may likewise arise from dissolution of the blood, from relaxation, or from rupture of the blood-vessels in the kidneys, in consequence of a wound, blows, falls, or strains. A remarkable instance of this kind happened during the late war in North America. Part of a squadron of the 16th regiment of light

light dragoons, commanded by Colonel Harcourt*, now General Harcourt, attacked a body of the enemy, who had fortified themselves in a large house, three stories high, in the province of Pennsylvania, March 21, 1778. The Americans kept up a brisk fire out of the windows from the second and third story. In this action one of the dragoons, James Rollinson, was wounded in the body by a musket ball; it entered close to his kidney, on the left side, and was lodged so deep that it was impossible for us to extract it.

This brave fellow made bloody Urine for upwards of six weeks, and to the astonishment of us all recovered of his wound, and afterwards enjoyed good health.

It is easy to know whether Urine that is extremely red be tinged with blood or not, either by dipping white linen rags in it, which at once will shew the true colour,

* This officer, brother to the Noble Earl of that name, is as remarkable for his care and attention towards the health, &c. of his men, as he is eminent for all those virtues, which adorn civil and military life. During his memorable campaigns in North America, where he served his country, the sick and wounded soldier, the widow and orphan in him never wanted a friend and comforter. It was his chief pride to visit the hospital of his own regiment, to see the brave men who were wounded under his command; and his private purse was always open to supply it with every necessary.

or by heating it in a glass; if it be blood that gives the extraordinary redness, it will concrete, and run into grumes when heated; but if it be owing to some other cause, the Urine, on being heated, will grow rather more limpid, and no grumes will appear.

These are the principal signs afforded by the Urine; but we are never to rely on these any more than the signs by the pulse, without comparing them with every other circumstance: thus, for instance, if we are called to a patient, who has made a great quantity of pale limpid Urine, we are carefully to examine whether there be any degree of disturbance in the nerves or vascular system: if we find the nervous system affected, but the circulation little or not at all disturbed, then we are to infer that the case is nervous, and very often accompanied with hypochondriacal symptoms. But if we should find much disturbance in regard of the vascular system, and that there is a fever actually present, then this pale and limpid urine must warn us to expect worse symptoms for the reasons formerly explained.

PART V.

SECT I.

Weakness, considered as a Species of Morbid Affection.

WEAKNESS, or want of strength, is that state of the muscles in general, when they become incapable of sustaining the weight of the body with ease, and properly performing such actions as are dictated by the will.

There is no complaint so general as weakness, since in almost every disease we may observe a deficiency of bodily strength; but in some diseases it is a constant and essential symptom; for if ever we observe a degree of strength exerted in certain species of disorders, either equal or superior to what is natural, and proportional to the different circumstances

circumstances of age and constitution, we shall always find these exertions to be but transitory, and of short duration.

Some pathologists pretend to account for this Weakness, which is essential to some diseases, by saying that the soul, which is always careful and solicitous for the preservation of the body, foreseeing that there will be a want of strength to overcome and expel the morbid matter, which gives rise to the disease, suspends the distribution of nervous fluid to all the instruments of voluntary motion, in great measure, while it plentifully supplies the heart, in order to enable this muscle to exert unusual degrees of force ; so that it may remove those obstacles to the freedom and equability of circulation, which are raised by the spasmodic constriction. This, however, is but a chimerical sort of an hypothesis, and will by no means satisfy those who are attached to the mechanical philosophy ; and yet it must be confessed, that these mechanical reasoners are much at a loss how to explain the matter, or to say whence it is that animals derive their strength.

There is no doubt, but the sources of strength are to be sought for in the nervous system, and we presume that it depends on
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the full, regular, and constant supply of subtle matter, which is distributed throughout the muscular fibres; and this presumption is founded on the experiments which I have often made, of dividing, tying, or compressing a nervous cord in brute animals, which constantly deprives the muscles supplied by that nerve of all their powers of strength and motion, and the same takes place in the human body.

The actual causes, therefore, of Weakness are said to be a deficiency, a suspension, or a remissness with respect to the distribution, or perhaps vibration of the nervous fluid, which ought to be supplied to the filaments bestowed particularly on the muscles.

The possible causes of this suspension, deficiency, or remissness, may be various; some things appear to have a power of immediately spoiling (if we may so term it) the nervous fluid, depriving it of its elasticity, and rendering it less capable of vibration. These effects seem to follow whenever a stimulating acrimony becomes fixed about the mouths of the seminal vessels, or whenever a putrefactive acrimony obtains in the constitution, whether it be generated spontaneously within the body, or be received

ceived from without in the way of infection.

Violent, or long continued exercise, either of mind or body, impair the muscular strength, on account (as it is presumed) of the dissipation of subtle enlivening fluid; profuse discharges of blood, of the human seed, and of other secreted humours, also induce Weakness, as taking off from the source which affords new supplies to the nervous system; and not only so, but as these discharges destroy the equilibrium in the vascular system, which subsists between the parts containing, and the parts contained; for in proportion as the sides of the vessels compress and urge forward the fluids, in like proportion do the repellant particles contained in these fluids resist and distend the canals; hence, when this balance between the contractile power of the vessels and the expansive force of the fluids comes to be destroyed, whether it be produced by sudden and unusual discharges, allowing the vessels to collapse, or by a new and sudden expansion of the fluids, creating an over distension of the canals, proportional degrees of Weakness always ensue.

Weakness constantly takes place in all muscular fibres that have been affected by
K spasm;

spasm; and constantly, in those which have been the seat of severe pain, which may serve as another presumptive proof, that pain arises from an extraordinary agitation and vibration of the nervous fluid, whence necessarily succeed an extraordinary waste and dissipation.

Weakness must also follow whenever the cellular system comes to be preternaturally clogged and overloaded, either with watery or oily fluids; or as it sometimes, but rarely happens, with elastic air, so as to compress the nervous filaments; hence the loss of strength in leucophlegmatic* and corpulent habits, and in the disease called the Emphysema.

Weakness is a predominant and distinguishing symptom in certain diseases of a melancholy class, termed palsies, which I have known to arise not unfrequently from acrid matter acting upon some of the branches of these wonderful cords called nerves; and here it is very often accompanied with loss of feeling: but loss of feeling does not always, nor necessarily ensue upon loss of strength; for we often meet with cases wherein the Weakness shall be

* An universal or partial, white flabby tumor of the body.

extreme,

extreme, and yet the powers of sensation suffer little or no diminution: this is remarkably so in hectic cases; for here we shall often find the general powers of sense strong till within a few hours of death. But whenever we find insensibility and Weakness are united, and especially if the Weakness was extreme from the first attack, we may then look on things as in the most dangerous situation.

In paralytic diseases the disorder does not affect the general circulation, nor disturb the motions of the vascular system; and hence it is, that these diseases often last for years without destroying life; but in the Weakness, which is occasioned by the disorder of both systems, unless freedom and equability in respect of the circulation and distribution throughout the whole be restored in due time, life cannot possibly subsist under such united interruption and disturbance.

S E C T. II.

Of Spasm.

THE opposite symptom to weakness is Spasm, when the muscular parts of the body are found to exert unusual and unnatural degrees of strength, and contract themselves in opposition to the power of the will : at some times these violent and involuntary actions of the muscles are accompanied with severe pain ; at other times with total insensibility. In some cases Spasms are joined with febrile symptoms, in others they are not attended with any disorder of the vascular system ; and when this happens to be the case, Spasmodic diseases, like Palsies, may endure for years without putting an end to life.

The immediate cause of Spasm must be sought for in the nervous system, and, we may presume, are the opposite to those which produce weakness and relaxation : hence we say, that Spasms arise from an intenseness of motion, or from an irregular distribution of the nervous fluid into different sets of muscular fasciculi ; too much of this fluid being

ing distributed to any particular set of muscles, we may presume, will cause these to contract with too much force, and exert unnatural degrees of strength : and as all the muscles of the body, excepting a very few, are placed in pairs, the one to counteract and balance the other ; when, therefore, at any time, the equilibrium happens to be destroyed between antagonist muscles, from an irregular and unequal supply of the proper enlivening fluids, then immediately violent and involuntary contractions will take place on the one part, while weakness and relaxation will succeed on the other.

As a certain degree of fulness and tension in the vascular system is absolutely necessary for enabling the muscles to exert their proper powers, so when the vessels are at any time suddenly emptied, and allowed to collapse, not only weakness of the muscles in general will ensue, but very often Spasms take place, no doubt, from the irregular relaxation of the motory fibres, whence the equilibrium between the antagonist muscles comes to be destroyed.

As we can know nothing of the mode of action respecting the immediate causes of this intenseness of motion, or irregular distribution, we are obliged to content ourselves

by making use of the term stimulus, by which we mean every thing that, on being applied to the living solids, excites extraordinary motion. These stimuli occasion Spasm, either in the muscular parts to which they are immediately applied, as for instance, the splinters of a fractured limb will sometimes raise convulsions in its muscles, or create the Spasm in muscles that are distant, and to all appearance unconnected with the nerves where the stimulus is applied; as when acrid matter acting upon the nerves of the intestines, or the seminal vessels, raise convulsions in the muscles of the limbs and trunk of the body; or, lastly, stimuli may cause Spasms, when applied to the nerves at their origin within the cranium, as when sharp pieces of a fractured skull or any extraneous body is forced in upon the brain.

Besides things which act mechanically in consequence of their sharp angular points, as in the instances just now mentioned, there are other stimulating substances of various sorts, which we shall not take up the Reader's time to enumerate.

The consequences of Spasm will be proportionably distressing and dangerous, according to its violence, extent, and duration; weakness, in different degrees, always ensues,
proceeding,

proceeding, as we suppose, from the waste and dissipation of the subtle fluid.

Spasm forms the distinguishing and predominant symptom in a certain order of diseases, in some of which the muscles remain in a state of involuntary and violent contraction; in the others the muscles are agitated with alternate contractions and relaxations, in opposition to every effort of the will.

Some of these diseases are accompanied with pain, some are free from this distressing addition, and some are attended with total insensibility.

S E C T III.

Of Insensibility.

INSENSIBILITY, like every other symptom, has its several degrees, which must be more or less distressing and dangerous, according to its duration and violence, and also according to the degree of disorder in the vascular system, which accompanies the privation of power in the nervous; par-

ticularly in that part of it which is allotted for sensation.

The old Physiologists alledged, that there is one set of Nerves which is distributed in a particular manner, and spent on the muscular fibres, while the other is bestowed and appropriated to the several organs of sense. Though it be impossible to observe any sensible difference between the two sets of nerves, yet, as the distinction enables us to make out the theory of the nervous symptoms, it will not be amiss to retain it. Thus weakness and spasm may be held as morbid affections of the motory nerves, their actual causes being either remissness and suspension, or intenseness and irregularity, in regard to the distribution of the subtle fluid throughout this set of filaments; while on this hypothesis, pain and insensibility must be looked on as disorders of the Sensitive Nerves; pain, arising from an intenseness, or excess of vibratory motions, and Insensibility from a remissness or suspension of the same: with respect to the Insensibility of particular limbs or organs, we often can trace it to its source, and often find it owing to a compression of the nerves which lead to these affected parts, hindering the supply of enlivening fluid; but when the Insensibility

bility is general, we must suppose the fault to lie within the cranium. In fact, it has appeared from dissections, that collections of water in the ventricles, and between the foldings of the brain, blood extravasated in the same places, depression of the scull, and the enlargement or stuffing up of the blood vessels and sinuses, have, in different subjects, compressed the medullary part of the brain, and hindered the free distribution, or perhaps secretion, of the nervous fluid.

There are many cases, however, where the loss of sensation cannot be traced to such evident sources, and where it will be found to depend on some disorder of the nerves bestowed on the stomach, intestines, and the organs which contain and convey the feed, which are overloaded with different offensive matters; so that here we must content ourselves with recurring to the word sympathy.

Insensibility will sometimes be general, while the power of the muscles appears to be not much impaired, particularly in a disease which, however, is a very uncommon one, called the Catalepsy: here the patients seem absolutely dead with respect to the impressions of all external objects; while, nevertheless the muscles have power to support

port the weight of the body, and to preserve the limbs in any particular posture, that the by-standers choose to place them. But in general, the motory nerves are disordered, at the same time that the sensitive become incapable of exerting their natural powers; and the muscles either grow paralytic, or are agitated with convulsive motions.

Thus it is in the apoplexy, the paraplegia, the hemiplegia, and the epilepsy, where insensibility is always accompanied with either atonia or spasm; and in violent fevers the loss of strength (which is one of the first symptoms) as they draw to a close, and the vessels of the brain come to be loaded and over-distended, is generally accompanied with different degrees of sensibility.

S E C T. IV.

Excess of Sensibility.

WHEN even the moderate and usual impressions of external objects give uneasiness, the symptom is by some writers termed
Erethism,

Erethism, though with more propriety it may be termed hyperæsthesia, or supersensation.

We are not to confound this species of morbid affection with pain, which the mind always feels, so as to refer to some particular part of the body, supposed to be diseased or injured, or to suffer violence: whereas hyperæsthesia implies a general uneasiness throughout the whole frame.

We sometimes meet with cases wherein a particular organ of sense shall be so affected, that it cannot bear the usual impressions without uneasiness; the eye, for instance, shall be offended with a moderate degree of light, the seminal vessels cannot retain the seed its due time, the bladder its urine, and the ear will be affected with moderate degrees of sound: besides in some constitutions, we may observe a certain degree of Erethism, which in some of these instances seems natural, and where the body is remarkably susceptible of the power of every thing that can stimulate or irritate, in the same manner as we often see degrees of insensibility peculiar to certain constitutions, wherein the powers of sense, both internal and external, shall be remarkably dull and languid.

But

But when Erethism is so violent as to rise into a symptom, it is one of the most distressing that has yet been considered * ; and, accordingly those diseases wherein it makes a part, unless it be but in an inferior degree, are of the most violent and fatal kind.

Violent degrees of it are sometimes met with in maniacal, hysterical and hypochondriacal cases, and in nervous complaints.

As to the immediate causes, or those changes in the state of the corporeal frame, that give rise to this increase of Sensibility, there can be no absurdity in saying, that it must be referred to a general intenseness of motion, or general excess of vibration, throughout those nerves destined for the purposes of sensation in the animal œconomy.

* Vid. Part I. Sect. IV.

PART VI.

SECT I.

*Cases of the Tabes Dorsalis, and the Exonei-
rosis, or Pollutio Nocturna, which were
cured when the Irritability was removed
from the Seminal Ducts.*

WE have seen, in a former part of these
Observations, the disorders which
M. Hoffman has described after Pollution.
The most usual symptoms, before the dis-
temper has made any great progress, are a
continual oppression, particularly in the
morning, and acute pains in the reins. If
the patient wakes in the night, after the
Pollution, he feels greatly oppressed; and
I have seen cases where such a general numb-
ness existed, that the patient appeared to be
seized with a species of palsy for some time
after,

after, and felt greatly depressed for twenty-four hours.

With regard to the connection that subsists between dreams, and such ideas as the mind has been occupied with in the day time, serves to explain why masturbators are so subject to nocturnal pollutions, the mind being all the day possessed with venereal ideas, represents to itself the same objects during the night, and the dream is followed by an evacuation, which is always ready to be made when the organs have acquired a considerable degree of irritability.

The body and mind are united by such laws, that even when the senses are fettered by sleep, the mind is occupied with ideas, which were transmitted to it in the day time. Another law of this union is, that without interrupting the confinement of the other senses, or without making them sensible to external impressions, the soul can in sleep create the necessary motions, to execute desires which are suggested by the ideas that employ it.

A description of the danger to a person who is addicted to the evil so often mentioned, is perhaps the most powerful motive to guard against it.

It

It is a ferious portrait and fufficient to make a retreat. Let us examine fome of its principal features. In the histories of fome of the following cafes, we have found the whole machine fallen to decay; all the bodily fenfes, and all the faculties of the foul weakened; the lofs of imagination and memory, and imbecility or impotency, its conftant attendants. All the functions difturbed, fufpended, and often painful; continued maladies, difagreeable, capricious, and difguffing, bringing on the diforders of old age in the prime of life, and fometimes in the flower of youth.

C A S E I.

Several years ago I was confulted in the Cafe of a young Gentleman, who had enjoyed a good ftate of health, till he was about feventeen years of age; at this period he gave himfelf up to mafurbation, after fome time the ejaculation was preceded and followed by a convulfive motion in the extending mufcles of the head, which drew it very much back, whilft the neck was extremely fwelled. A year had now elapsed, when he began to feel great weaknefs after every

every act: however this warning did not prevent him from going on with the practice.

His mind was now devoted to it, and the repetition of it became rather more frequent.

At length becoming languid, the semen running off in the night as well as in the day, and his muscles beginning to melt down, his friends were apprehensive of a consumption, and by the advice of the late Sir John Elliot, sent him to the Hotwells, where he remained six months without any material alteration for the better. On his return, I was called to his assistance. I found him labouring under great debility, he had a slight cough, and a constant pain in the nape of his neck, extending the whole length of the spine or backbone. There was also an incessant oozing of mucus from his urethra; his left testicle was emaciated one third less than the other. His semen frequently issued from him when voiding his excrements.

He had taken tonic medicines, such as the bark and quassa, by the direction of Dr. Elliot, but they seemed to have no effect on his malady. The bark strengthened in some measure his stomach, but it increased his cough, made him costive, and his seminal discharge

discharge more frequent and copious, it was highly necessary to abandon these medicines. On examination the mouths of the feminal ducts were found in a state of ulceration, and this matter acted as a stimulus on the nervous system occasioning great irritability. During the first week, on account of the spasms to which he was subject, he took a dose of Hoffman's Anodyne Tincture going to rest; when these were removed, he began to take six grains of the powder of grey nicker*, each night at bed time, and a decoction of the same according to the prescription, No. 1. The purulent matter† was carefully extracted twice a day from the mouths of the feminal ducts, and his irritability was conspicuously lessened by a few operations. This course was continued for the space of three months; at the end of which he was restored to his former health and strength. I afterwards recommended him to take the vegetable gums,

* Vide—A description of this plant in note page 79-80.

† When we meet with cases where acrid matter seems to be the chief cause of irritability in the nervous system, it should be regularly attended to, otherwise our internal remedies will be but of little avail.

The most effectual method, is with medicated candles prepared of the extract. sabinæ, or extract of savin adapted to the diameter of the canal. They should be fresh prepared every twenty-four hours, and carefully kept from the atmospheric air.

L

according

according to the form, No. 2, for a few months.

No. j. ℞ Nucis Nicarean. contus. drachmas tres
coque in aq. fontan. libras quatuor ad li-
bras duas, tum frigid cola et adde,
Tinc. Colombæ. uncias tres.
Capiat. cyath. vinos. ter in die.

IN ENGLISH.

Take of the nuts of the grey nicker, bruised, three drachms, boil them in four pints of water to two pints, when cold strain it, and add of the Tincture of Colomba three ounces; mix them. Let a wine glass full be taken three times a day.

No. 2. ℞ Gum Ammon.
—— Galban.
—— Sagapen.
—— Myrrhæ,
Sapon. venet. aa drachmam,
Bals. Peruvian. q. s. ft. mass.
ex singulis drach. fiant pilulæ. No. xij.
sumat duas vel tres singulis noctibus
hora quietus.

IN ENGLISH.

Take of Gum Ammoniac
—— Galbanum
—— Myrrh
—— Sagapenum
Of Venice soap, each a drachm; of Peruvian balsam as much as is sufficient to make a mass, form twelve balls from each drachm, and let two or three be taken each night going to rest.

CASE

C A S E II.

THE following is an Extract of a Letter I received from a Gentleman at Clifton, about 35 years of age.

“ I had the misfortune, like many other
 “ young people, when at the age of maturity,
 “ to give way to a habit as pernicious
 “ to the body as it is to the mind ; age, with
 “ the assistance of reason, has for some time
 “ corrected this shocking inclination, but
 “ the evil is done. To an extraordinary
 “ affection and sensibility of the nervous
 “ system, and to accidents which it occasions,
 “ is united a weakness and uneasiness,
 “ a weariness and distress, each of which
 “ strives most to disturb me. I am
 “ exhausted by an almost incessant flux
 “ of semen ; my face has nearly a cadaverous
 “ appearance, it is so pale and fallow.
 “ Weakness has rendered every kind
 “ of motion difficult to me : my legs are
 “ so feeble that I can scarce stand upright,
 “ and I dare not venture to go out of my
 “ chamber : my digestion is so bad that I
 “ void my nutriment, three or four hours
 “ after having taken it, just as much in its
 “ natural state as if my stomach the instant

“ before had received it. My breast is op-
 “ pressed with phlegm, which greatly af-
 “ flicts me, and expectoration entirely ex-
 “ hausts me. This is a picture of my mi-
 “ series, which are farther increased by the
 “ shocking certainty, by which I know,
 “ that every succeeding day will be more
 “ disagreeable than the former. In a word,
 “ I don’t believe that any human creature
 “ was ever afflicted with so many ills as
 “ myself. Without the peculiar aid of
 “ Providence, I should find it very difficult
 “ to bear up under such a heavy burthen.
 “ I request, Sir, your attendance upon me
 “ as soon as possible, and if the inclosed
 “ draft is not a sufficient fee for coming
 “ this distance, I will immediately make it
 “ up on your arrival.”

When I visited this gentleman, I found
 he had been sent from his residence in Lan-
 cashire, by the Physicians of that place, to
 the Hot Wells, for the recovery of his health.
 They supposed his case to be a consumption
 of the lungs, but, upon examination, it ap-
 peared to be of a very different nature.

The disorder was a *tabes dorsalis*, and had
 brought on the most distressing symptoms
 of the hypochondria. He seldom passed a
 night free from nocturnal emissions. The
 nerves

nerves of his stomach were materially affected, and he was rendered weak, languid, and feeble. The mouths of the seminal vessels were clogged with acrid matter, which I made no doubt was the cause of all the irritability in his nervous system. I continued with him, by his desire, a few days, and afforded him some relief for the present. As internal remedies could not effect his cure without personal attention daily, he proposed coming to town for the purpose of availing himself of my assistance. On the third day after my return, he arrived in London, where he remained near five months, making occasional excursions to his home in the country. About this period he was re-established, and has ever since enjoyed an uninterrupted state of health.

C A S E III.

A Gentleman about 28 years of age came some distance from the country for my advice. He had long laboured under involuntary emissions of the semen, both by day and by night : those in the night were often followed by clammy sweats towards morning, and he felt himself so languid and feeble after them, as scarce to have sufficient

spirits to get up in the morning, and was in a great measure rendered incapable of any business the succeeding day.

In this state he had continued for some years. He had at this time foul eruptions on his forehead and other parts of his body, which shewed strong signs of acrimony in his fluids; the powers of virility were gone. On examination, we found the mouths of the feminal ducts in a catarrhus state, and his urine full of purulent matter.

I recommended him to take five grains of the extract of grey nicker night and morning, and the draught No. j. three times a day, at medicinal hours. This course was continued between three and four months, at which period he found himself restored to his health and strength of bodily powers.

About six months after, in the ensuing spring, he felt a slight return of his debility, but it soon gave way to a short course of the former treatment.

No. j.

℞ : Decoct. nicarean, unciam unam cum semisse,
Tinc. colom bæ sesquedrachmam,
Syrup e cort. aurant. drachmam j. ft. haust.
Ter in die sumendum.

IN ENGLISH.

Take of the decoction of grey nicker an ounce and half, tincture of columba a drachm and half, syrup of orange peel one drachm, to make a draught.—One to be taken three times a day.

CASE

C A S E IV.

A Gentleman about 30 years of age wrote me thus in a fragment of his letter from the country.

“ My eyes are at length opened with respect to the cause of my long afflicted state, and the danger of the abyss in which I was plunging myself, as well by the withering and wasting away of my left testicle, as the loss of my powers, and universal languor over my frame, besides the spasms I have felt in the muscles of my body in the act of committing the crime, leaves me no reason to doubt of the cause.”

The situation of this patient prevented him from coming to town for some time; I therefore recommended him, for the present to take some of Hoffman's * Anodyne Tincture every night going to rest, which

* This medicine may be taken from twenty to one hundred drops, according to circumstances. The celebrated physician from whom it takes its name, kept it a profound secret for many years. He has written more copiously upon these complaints than any other practitioner, either of the ancients or moderns, and his works will ever redound to his honour.

he continued for forty days. He took, also, a decoction of the grey nicker and colom-ba, at medicinal hours: he continued this course for upwards of two months, and received considerable benefit; but his cure advancing very slowly, he determined to come to town, where he remained upwards of three months, and returned home with his health perfectly re-established.

C A S E V.

A Gentleman in the prime of life stated his case thus :

“ In my early youth I contracted a pernicious habit, which destroyed my health;
 “ my head is confused, and subject to frequent swimmings, which makes me apprehensive of the apoplexy, for which reason I was blooded; but this was discovered to be a wrong measure. I have frequent mists before my eyes, and dimness of sight, sometimes for an hour together. I have also an oppression at my breast, which occasions a confined respiration. I have frequent pains at my stomach, and by turns my whole body is affected, especially after a nocturnal emission

“ fion. My sleep at night is disturbed and
 “ uneasy, and does not recruit my spirits.
 “ I have frequent itchings ; I am pale ; I
 “ have pains in my eyes, which are
 “ weak ; I have a bloated appearance ; my
 “ skin is of a yellow tinge, and my breath
 “ disagreeable.”

We found this Gentleman labouring under the *tabes dorsalis*. Not to make the account tedious by a minute detail of little circumstances, he recovered his pristine health by a long course of internal remedies, such as the decoction of the nicker, with the colomba, and Hoffman's tincture occasionally, all the while paying attention to keep the seminal ducts cleared from the acrid matter.

C A S E VI.

A Gentleman about 34 sent me a statement of his symptoms in writing, as follows :

“ I had the misfortune, when at school,
 “ to contract a pernicious habit, which I
 “ am afraid has destroyed my constitution ;
 “ for within these last few years I am af-
 “ flicted in a most extraordinary manner ; my
 “ nerves are extremely weak, have all the
 L. 5 “ symptoms

“ symptoms of palsy, for which I have long
 “ tried electricity, but in vain ; my hands
 “ and limbs are devoid of strength, are in-
 “ cessantly trembling, and in a perpetual
 “ perspiration ; I have now and then vio-
 “ lent qualms at my stomach, and pains in
 “ my spinal marrow and loins, which com-
 “ municate to my reins and breast ; I am
 “ troubled, also, with a dry cough ; my
 “ eyes seem sunk, and always weak : al-
 “ though my appetite is good, yet I greatly
 “ fall away, and look ill in the face.”

I recommended a proper regimen * for
 this gentleman, and the prescription in the
 margin ; but the irritation upon his nervous
 system

℞ Pulv. nicarean, unciam,
 Gum myrrhæ, pulv. semi unciam,
 Specs. aromat. drachmas tres,
 Conf. e cort. aurant, uncias duas,
 Syrup e cort. aurant. q. S. ut. ft. electarium :
 Cujus capiat Q. N. M. ter in die, superbibendo
 cyathi decoct. nicarean.

IN ENGLISH.

Take of the grey nicker, in powder, one ounce ;
 gum Myrrh, in powder, half an ounce ; aromatic spe-
 cies, three drachms ; conserve of orange peel, two
 ounces ; syrup of the same sufficient to make an elec-
 tuary—of which take the size of a nutmeg three times
 a day, washing it down with a wine glass of the decoc-
 tion of the nicker.

* See the Author's account of Regimen, &c. in the
 seventh or last part of the work.

system was arrived at such a pitch, from the accumulation of acrid matter, that it became necessary to attend twice a day, in order to draw it off. He received great relief from all his symptoms in the space of three months ; but it turned out to be a very obstinate case, for it was upwards of a year before his cure was compleated.

C A S E VII.

A Gentleman, about forty, wrote to me thus :

“ I cannot walk two hundred paces
 “ without resting : I am extremely weak
 “ in all parts of my body, but particularly
 “ my spine, loins, and shoulders : I suffer
 “ greatly with pains in my breast : I retain
 “ my appetite, but this is a misfortune, as I
 “ no sooner eat any thing but I have pains
 “ in my stomach, with four belchings of
 “ wind, and often give up all I have eat.
 “ If I read a page or two my eyes water,
 “ and are very sore ; involuntary sighs frequently
 “ escape from me. *Filo xylino*
 “ *flaccidius veretrum, omnisque erectionis*
 “ *impotens, semen quidem, manu sollicita-*
 “ *tem, effluere finit, nequaquam vero ejacu-*
 “ lat,

“ lat, adeo cœterum imminutum et retrac-
 “ tum ut oculi de sexu vix judicare possint.”

From appearances in the urine of this patient, and other correspondent symptoms, there was considerable obstruction in his liver, as well as the disturbance from acrid matter on his nervous system. We first began his cure by emetics, repeated at intervals, and deobstruent medicines, such as the soap, combined with opening bitters.— When these remedies had done their duty by opening the obstruction of the bile, and his stomach restored to a tranquil state, no time was lost in attempting to quiet the nervous systems, which was also restored to its equilibrium: when the acrid matter was done away from the mouths of the seminal ducts, it turned out like the preceding, to be an obstinate case, and took up a length of time to complete the cure.

C A S E VIII.

The following is the Extract of a Letter from another Gentleman in the Country, about 45 years of age :

“ I feel my heat sensibly diminish ; my
 senses are greatly blunted ; the fire of my
 imagination

imagination greatly decreased; the sensation of my existence not near so quick; all that appears before me is like a dream; I have more difficulty to conceive, and less presence of mind: in a word, I find myself as if perishing, though I can still sleep, but it affords me no refreshment; have not lost my appetite, and look tolerably well in the face." I wrote an answer to inform him, that it was impossible to ascertain the real state of his case, and form a judgment upon it without a personal interview. In a few days he attended, and appeared to be much troubled in his intellectual faculties from the long diseased state of his corporeal frame.

I found the prostate gland in a schirrous state, and other symptoms of the seminal functions, sufficient to convince me that it was a lost case. I told him it was out of my power to render him that assistance I so ardently wished; that by the use of some internal medicines he would receive partial relief from time to time, but it was impossible to cure him. He told me, that during the last six years he had tried all medical advice he could think of, and had taken all the advertised remedies, to use his own words,

“ as

“ as much as would fill a barrel, but to no purpose.”

In about six months after, he died at his home in the country.

CASE IX.

A few years ago, being on a visit near Colchester, Mr. Inman, an eminent Surgeon of that town, desired me to visit a young gentleman, who had devoted himself with such fury to masturbation, that at length, instead of sperm, he brought forth nothing but blood, the emission of which was soon followed with excessive pain, and inflammation of all the organs of generation.

We ordered him emollient baths and cataplasms, with internal sedatives, which produced the good effect we expected. But I have since learned, that he died about a year after of a nervous fever. And I am not without my fears, that the shocks which his constitution had suffered by this practice greatly contributed to render his fever mortal. By such practices tender constitutions suffer more than the robust: but sooner or later,

later, however, both suffer, though in an unequal degree.

Let him, especially, who has or is likely to have any hereditary diseases, gout, stone, consumption, evil, cough, asthma, spitting of blood, megrims, epilepsy, &c. rest assured, that every act of venery contrary to nature strikes at the vitals of his constitution.

CASE X.

A labouring middle-aged man applied to me for assistance, whose sight had been obscured for several years past. When he looked steadfastly at any object, motes seemed to dance before his eyes. They had no apparent defect. He had been successively in two of the public Hospitals, viz. St. Thomas's and St. Bartholomew's. Various remedies being tried, he underwent a mercurial salivation in order to be cured of his complaint, supposed to be the gutta serena. But this course failing of success, the practitioners were tired of the case, and he was discharged. He informed me, that for a long time he had been afflicted with pains in his spine and loins, especially when he stooped ;

stooped; was frequently attacked with a vertigo and a dimness of sight, and that his memory was so weak, he sometimes appeared to be stupid. These symptoms, together with others which appeared on a farther examination, made me suspect this supposed gutta serena to be a species of the tabes dorsalis, which had corrupted the enlivening nervous fluid.

He began to take six grains of the extract of grey nicker every night going to rest, and in the course of the day three wine glasses of the stomachic aperient mixture in the margin. This course was continued for about four months. At this period he found himself so far recovered in the tone of his nerves as to be capable of distinguishing objects without any apparent clouds or motes. I then advised him to go into the country, where he had some friends, near the sea side, and to bathe in that element. He remained there for some time, and was soon after enabled to follow his usual occupation.

Infus. nucis nicarean,
 ——— Gentian comp.
 ——— senæ, aa uncias tres,
 Tinc. colomb. unciam unam,
 Sumat. cyath. vinos. ter in die.

IN ENGLISH.

Take of the infusion of grey nicker,
of compound gentian,
of fena, each three ounces,
of tincture of colomba, an ounce,
Mix them, and take a wine glass three times a day.

CASE XI.

A gentleman, about thirty years of age, came upwards of one hundred miles to state to me his case in person.

He was very much exhausted, and was rendered incapable of any act of virility. His stomach was also very weak, and the want of nutrition from a bad digestion, and no refreshment from sleep, had reduced him to a meagre state.

I found the branches of those nerves which spread themselves on the feminal ducts stimulated with acrimonious matter, which I supposed to be the chief cause of all his sufferings. I recommended him to take a draught of the decoction of grey nicker and colomba three times a day, and ten grains of the extract of the former going to rest. For breakfast he took fresh goat's milk, to which was added some sugar and orange flower water. His dinners were generally

M

composed

composed of white meats, such as poultry, veal, fish, rabbits, &c. and a glass of Burgundy wine and water. At the end of four months he returned to his house in the country, in perfect possession of his pristine health and strength.*

C A S E XII.

I met with a singular case of impotency in a gentleman about thirty-nine years of age; from what cause it at first arose is impossible to say. He had been married some years, but had no offspring. He was apparently as healthy a man to look at as I ever saw. His erections at the commencement of the act were perfect, but when the semen began to be ejected, he was seized with a kind of spasm; the penis became flaccid, and the semen, obstructed in its exit, continued to dribble away for a long time

* The success of the above case, as well as many others that have fallen under my care, appeared to be principally owing to the removal of the stimulating matter from the seminal ducts, which occasions not unfrequently a kind of palsy in the organs of generation, and indeed sometimes in other parts of the human body.

time after. He had been in this state for the last two years, had been with two surgeons of some note, who supposed he had an obstruction of his urethra, which was by no means his case, and at the time he consulted me was under the care of a very eminent Physician, whose prescriptions he had followed near twelve months. The medicines he had taken were of the tonic kind, such as the bark, quassia, and steel in its different preparations; but they had not any good effect upon the malady which occasioned all his uneasiness. I desired that his Physician might attend along with me the next day, when I applied the medicated candle, prepared of extract of favin, as far up the urethra as the seminal ducts, by which a considerable quantity of foul, corrupted matter was extracted. I gave it as my opinion, that this was the chief cause of his complaint, and if not attended to, would soon bring on others equally serious in their consequences. I recommended him to take internally a decoction of the grey nicker with tincture of colomba, and ten grains of the extract of the former at bedtime, which was continued for about the space of four months, which, together with the application of the favin candle every

day, and sometimes twice a day, he was entirely freed from the spasmodic affection, and recovered his former strength. In the following spring, being alarmed with a slight return of his disorder, he sent express for me into the country, but in three weeks he was well again, and has never had the least complaint since, continues in perfect health, and is now the father of two fine children.

CASE XIII.

Since the publication of the first Edition of this Work, a Practitioner in the country called me to see a young Gentleman, on whom a *Tabes Dorsalis* had made so great a progress, that I found him incurable. He had brought upon himself spasms, and the epilepsy, from a long and free use of secret venery: and it was no longer necessary that this unhappy youth should be his own agent in order to shed his semen, for the slightest irritation was instantly followed by an evacuation of this liquor, which daily increased his weakness.

The spasms of which he was not before sensible, but in consummating the act, and
which

which ceased therewith, were now become habitual, and frequently attacked him without any apparent cause, and in so violent a manner, that during the whole period of the fit, which lasted several hours, he felt such violent pains in the hinder part of his neck that made him scream out, and all this while it was impossible for him to swallow either solids or fluids.

His voice was become hoarse, but I did not observe that it was more so while the fit continued. He had entirely lost his strength, and was become incapacitated. He languished in this manner for near six months, and died.*

CASE

* We know that epileptical paroxysms, when accompanied with an effusion of the seminal liquor, exhaust more, and occasion a greater degree of stupefaction, than the others.

Venery has been known to bring on these fits, especially in those who are subject to them; and to this cause the Baron Van Swieten attributes the great oppression which patients suffer, when any of the branches of the nerves of the seminal vessels are in any degree stimulated by acrimonious matter, 1077, tom 4, p. 429. Monf. Didier, Professor at Montpelier, tells us, he knew a Merchant there, who never made any sacrifices to Venus, without having soon after a fit of epilepsy, in one of which he died. Vide *Quest. Medic. an Epilepsiæ Mercurus Vitæ*. Galen relates a similar observation, vide *De Locis affectis*, lib. 5, c. 6.

CASE XIV.

An elderly Gentleman consulted me, who
had long laboured under great debility of his
nervous

Henry Van Heers testifies the same thing, vide *Observationis Medicæ Oppido raræ*, obs. 18. I have had also occasion in my practice, more than once, to be convinced of the same thing. Van Swieten knew a person, who was troubled with the epilepsy, who had a fit upon his wedding night, and died in the arms of his wife. And Hoffman tells us, that he knew a very lascivious woman, who usually had a fit after each act of venery. What Professor Boerhaave says, in his treatise upon Nervous Disorders, may be here introduced, "that in the heat of venery all the nerves
" are more or less affected, but when any of the
" branches are diseased which have a sudden commu-
" nication with those of the heart, a spasm may take
" place and prove mortal." He cites an example of a woman, who every time she performed the act of coition fell into a pretty long syncope; and another of a gentleman, who died by a violent spasm after the act, vide *De Morb. Nerv.* p. 462. In that capital work of Mons. de Sauvages, with which he has enriched the healing art, he states a very singular observation of a man, who in the midst of the act was seized with a spasm, whereby his whole body became stiff, and he lost all sensation and memory; and this disorder continued twelve years. "Ita ut illum præ oneris impotentiâ in alteram lecti partem excutere cogeretur uxor, & evacuatio spermatis lenta flaccidoque veretro demum succedebat, remittente corporis rigiditate, vide *Nosologia Methodica, seu Classés Morborum.*"—The
stiffness

nervous system, especially in his stomach, accompanied with four belchings of wind after taking any kind of nutriment, attended with tremors, sudden flushings of heat, temporary sweats, and a feebleness in the joints of his knees and ancles. He was at this time so weak, that his servants were obliged to lift him out and into his carriage. He had been running, for the last four years, from one practitioner to another, without receiving the wished for relief, and had for the last eight months been under the care of a person who professes to cure all disorders by electricity, by which he said he was burned alive. I found him also at this time affected with an obstruction of his liver, which we first removed, and afterwards began the treatment of his nervous disorder, which appeared to proceed from stimulating acrimonious matter on the nerves;

M 4

- for

stiffness of the body, which Boerhaave speaks of largely in his Institutes, is an uncommon symptom. I never observed it but once, whilst this work was in the press. The disorder began by a stiffness of the neck and the spine, which successively communicated itself to all the members; and I saw this unfortunate young man some time before his death, when he could bear no other pressure than lying on his belly in bed, incapable of moving either his hands or feet, and unable to take any aliment than such as was put into his mouth.

for when that was removed every symptom vanished, and his stomach, which before could only bear fluids and small quantities of spoon meats, was now enabled to digest solids of the most nourishing kind, and he could now walk three miles without being fatigued. This favourable change in his health took place in the space of six months. Doctor Turton, an eminent Physician in the Adelphi, attended along with me part of the time in the cure of this case.

CASE XV.

A Gentleman, twenty-eight years of age, consulted me in a species of that complaint commonly called a diabetes, or a constant inclination to urine, which had afflicted him for the last three years, and by which he said he was tired of his life.

He was always worse after dinner, running every ten or fifteen minutes to make water, and during the night the irritation of his bladder deprived him of rest, from constantly getting up to his chamber-pot.

He was debarred from the enjoyment of all society, and public places of amusement,
He

He had been long drenched with internal medicines, and had very improperly wore bougies, by the advice of those practitioners whose care he had been under. On examination there was not the least obstruction in his urethra, and I found he had never had any venereal, except a simple clap, of which he had been cured eight years ago. But on the application of the savin candle, there appeared to be a sharp acrimonious matter to ooze from near the neck of the bladder, which acted as a constant stimulus upon the nerves which surround it. I recommended him to take a pill composed of two grains of the extract of hemlock and wolfsbane, three times a day, and two grains of the kermes mineral of the shops each night going to rest, washing it down with twenty drops of Hoffman's anodyne tincture made into a draught. In the space of three weeks the day medicine was increased to double the quantity, and before the expiration of three months he obtained a complete cure.

CASE XVI.

Since the first Edition of this Work was published, I was employed by Messrs.
Brandrum,

Brandrum, Templeman and Jaques, of Sizelane, in the city, to attend on Mr. John Bowen, 36 years of age, the Superintendent of their lead manufactory, at his house in Dog and Bear Yard, Tooley-street, Southwark, near which the above extensive concern is situated.

During the last three years, this poor man had laboured under most excruciating torments, from two fistulas in his urinary passage between the testicles and fundament, through which all his urine passed, none coming the natural way. Each of these holes was large enough to pass a goose quill, and discharged a good deal of acrimonious matter,

The above Gentlemen, from their wonted philanthropy, and their esteem for an industrious and worthy man, let no expence or pains be wanting in order to endeavour to get him restored to his health. For this purpose they had called to his assistance practitioners of some note belonging to the public Hospitals, who did every thing in their power; but they got tired out, and gave up the case as incurable, leaving the poor patient to his fate. The account he gave me of his state of health was, that for many years before this happened he had laboured
under

under great debility of the internal organs of generation, but had never been afflicted with any venereal complaint in his life. He was a married man, and had always lived temperate and sober. About four years ago an abscess formed in the prostate gland, broke, and discharged large quantities of matter, leaving these two openings in the urinary tube, which were out of the power of his Surgeons afterwards to heal up. The bladder was much affected with spasm, as well as the canal itself, and so pent up with purulent matter, that I found it impossible to examine the state of the inside of the urethra with a candle of the smallest size. Almost every quarter of an hour he was making efforts to urine, which consisted chiefly of purulent mucus and matter. I was not without my fears of a gangrene and mortification taking place, which must have soon carried him off, and ordered him a drachm of the bark, with some of Hoffman's anodyne tincture, every six hours. This luckily agreed with him very well, and was continued for a considerable time, till the diseased parts put on a more favourable aspect. He then began to take of the extract of wolfsbane and hemlock of each three grains, made into a pill,

pill, three times a day, with a draught, containing from thirty to forty drops of Hoffman's tincture at bed-time. In about a month he began to have comfortable rest, to which he before had long been a stranger, and his irritation of the bladder and spasms were considerably abated. In the course of another fortnight we were enabled to introduce a medicated candle, and extract the purulent matter from the inside of the urethra. A small elastic catheter was now introduced, when he inclined to make water, with a view to convey the urine by its natural channel, and to prevent as much as possible its passing through the fistulous openings; but here we were often disappointed in our wishes for a long time by the frequent return of the spasms. However, in the space of four months every spasmodic symptom vanished, and he could now constantly introduce it with ease; and when it was covered with the savin plaister, he could wear it for some hours together without the least irritation. I shall not take up my reader's time with a minute detail of every little circumstance, but only observe, that by the use of the above remedies, increasing and diminishing according to the symptoms, the patient was so fortunate as to experience

ence a perfect cure in about eight months,
and a re-establishment of his general health.

Dog and Bear Yard, Tooley-street,

SIR,

29th September, 1799.

The deplorable state to which I was reduced for the last three years, in consequence of two large fistulous openings in my urinary passage, through which all my urine passed every time I made water, attended with excruciating pains of my bladder, that was so frequent and tormenting, as to deprive me of rest, seldom sleeping more than half an hour at intervals during the night; I had now all the appearance of a consumption, with a low fever. My worthy employers, during the first year of my illness, took every step in their power for my relief, by calling to my assistance such of the profession belonging to the public hospitals in whom they had the greatest confidence; and I am well assured they did every thing for me that was within the compass of their abilities: but every means made use of failing of success, they got tired out, my case was given up for lost, and I was left to my fate.

Such was my melancholy state when Mr. Brandrum called you to my assistance, which was the most fortunate day of my life, for through your skill, indefatigable and humane attention, under the blessing of Divine Providence, am now re-established in my former health and strength; and shall be ever ready to shew myself to any of the profession, or others, who may be desirous of information for the benefit of any unfortunate sufferer, it being the ardent wish of my employers, as well as myself, to make this cure known to the world.

I shall ever remain, Sir,

Your grateful and obedient servant,

JOHN BOWEN,

Overseer of the Lead Manufactory belonging to Messrs. Brandrum, Templeman and Jaques, Dog and Bear Yard, Tooley-street, Southwark.

To St. John Neale, Esq. Greek-street, Soho-square.

C A S E XVII.

Mr. H. a gentleman about twenty-seven years of age, was afflicted for the last two years with frequent poroxisms of acute pain in the urethra, exactly on that point where the mouths of the feminal ducts open into the tube. He could not bear the least pressure from without. It was much increased in violence always after the venereal act, and continued for several hours, which at length obliged him to desist from all connection.

He informed me that he had hitherto been attended by a Mr. Rush, who had applied bougies for a long time; but the pain and irritation they occasioned, and receiving no relief, he was resolved to give both them and him up altogether. On examination, there was not the least obstruction or stricture whatever in the urinary canal.

The disease appeared to proceed from a branch of the nerve which spreads itself on the feminal ducts, kept in a constant irritation from the acrimonious matter in the adjacent gland. When this was done away, all his unpleasant sensations vanished, which was effected in about two months, with very little internal medicine.

CASE

C A S E XVIII.

Mr. S. a young gentleman about twenty-six years of age, consulted me for a feminal weakness, which he had laboured under for a length of time. He had frequent involuntary discharges on the slightest sensation, both by day and by night, which had reduced him to a very languid state, and when he applied, he had symptoms of a nervous consumption.

This patient informed me, also, that he had been for several months under the direction and care of the person mentioned in the preceding case.

On examination, both the mouths of the feminal ducts and prostate gland seemed to be in a catarrhus state, and there was great weakness in his stomach, with disagreeable sensations after meals. I recommended him to take the bulk of a nutmeg of an electary, three times a day, composed of the conserve of orange peel, powder of grey nicker, and colomba root, and to wash each dose down with a two-ounce draught of a decoction of the second article, and to take five grains of the extract of the same each night going to
3 rest.

rest. By the assistance of these remedies, &c. and a proper attention paid to a few rules in regimen, he was restored to health and strength between three and four months. A number of more histories, similar to those stated in this section, the author has design- edly omitted for brevity sake.

S E C T II.

THE following Cases of Consumptions have occurred in the course of the Author's practice since the first edition of this work was published. The principal causes which disposed the patients to those too often fatal diseases, appeared in many of them to proceed from a too copious and preternatural discharge of the seminal liquor: and when they rise to a certain heighth, they are very difficult to be cured, unless the practitioner is called in at the beginning, and even then it should be observed that there are cases in which the best remedies are inefficacious.

In such conditions, however, the advice of Professor Hoffman should be carefully attended to, which is, that without continued
perfe-

perseverance in the use of remedies, and a proper regimen in such cases where it is essentially necessary, no benefit can be derived from them. All remedies in these cases should be founded on the same indication as the regimen, of which the Author has given a practical detail in the seventh and last part of these Observations.

C A S E I.

A young Gentleman, in the twenty-fourth year of his age, about six months ago, began to lose his appetite, and to have a bad digestion, his flesh also became flaccid and loose, his visage pale, with other usual symptoms of a universal consumption of the habit of his body. By the advice of a practitioner he had taken repeated vomits, and the different preparations of steel, but without any advantage. I have seldom, in practice, seen a patient more wasted, yet he had no fever, but, on the contrary, a coldness of the whole body, no cough or difficulty of breathing, nor an appearance of any other distemper of the lungs, or any other entrail; no looseness, or any other sign of colliquation, but his appetite and digestion destroyed,

ed, with now and then fainting fits. I endeavoured to relieve those symptoms by the application of an aromatic plaister to the region of the stomach, and by the use of stomachic bitters, with the tincture of castor occasionally, and other remedies of that nature, by the use of which, in the space of six weeks, he was greatly relieved; but it was clear to me, from the first time of seeing him, that it was a lost case, and all that could be done was to prolong the evil day, as he was consuming more and more; and in another month he had a fainting fit, and died*.

CASE

* The chief business of cure in those unfortunate cases, when it happens that the aid of our art is called in in due time, consists in the convenient use of stomachic medicines, and such as comfort and strengthen the nervous system. Chalybeates given in a mild form have done much service in particular temperaments, and in others the contrary. Cephalick and bitter medicines have also done great service. The patient should take, an hour before dinner, thirty drops of the elixir proprietatis, in a draught of wormwood white wine. To the region of the stomach let there be applied the magisterial stomach plaister, with a few drops of the chemical oil of cinnamon and oil of wormwood; and the stomach should be fomented now and then with an aromatic bag, made of the leaves of mint, wormwood, cinnamon, mace, zedoary, galingale, cyprus roots, calamus aromaticus, boiled in claret.

C A S E II.

I was called some distance into the country by the relations of a young man about twenty years of age, who during the last two years had fallen gradually into a total want of appetite. He had long been subject to a spermatic weakness, was much given to study, and used to be often afflicted with passions of mind on account of the above debility. An universal atrophy seemed to be fast advancing, for he was pining away more and more. He had no cough, fever, or symptoms of any other distemper, either of his lungs or any other entrail; no looseness, nor diabetes, or any other sign of a colliquation, nor no preternatural evacuation, except the semen. As soon as I saw him, I judged this consumption to be nervous, and to arise from the system of nerves being distempered. I attempted his cure with the use of stomachic bitters, and chalybeate medicines, as well natural as artificial, but without much benefit. When I found that these medicines did not answer our expectation, I advised him to change his air, to use gentle riding, and a milk diet, together

with the prescription in the margin; by the use of which he recovered his health in a great measure, though he is not yet perfectly freed from a consumptive state, and what will be the event of this method does not as yet plainly appear*.

℞ Gum Galban.
 — Myrrhæ,
 — Sagapen.
 — Ammoniac,
 Sapon. venet. aa drachmam,
 Balf. Peruvian. q. s. ft. mass.
 In pilulas No. sexaginta dividend.
 Capiat duas vel tres nocte & mane.

IN ENGLISH.

Take of Gum Galbanum,
 — Myrrh,
 — Sagapenum,
 — Ammoniac,

Of Castile soap, each one drachm; Peruvian balsam, sufficient to make a mass, divide it into sixty pills, of which take two or three night and morning.

CASE

* This consumption seems to have been well known to the ancients, under the name of a consumption of the back. Galen has given us the history of a nobleman at Rome, who fell into this malady from a too profuse evacuation of the seminal liquor, which ended his days. Experience and observation affirm, that these consumptions often arise from profuse and unnatural seminal discharges in men, and in women from

C A S E III.

A worthy Merchant of the city of London, about thirty years of age, who was
 scorbutical

from that evacuation commonly called the fluor albus, or whites; for from the continual subtraction of the nutritious juice, by the seminal glands, and sometimes the flux is so extraordinary and continues so long, that the mass of blood is thereby plainly dispirited, and rendered unfit for nourishment, whereupon the blood becomes loaded with heterogeneous and morbid particles, becomes hot, and at length a hectic disposition is by degrees brought upon the solid parts, and the habit of the body. The symptoms which presage this terrible disease, I have for the most part observed to be the following. An hypochondriacal oppression, great melancholy and thoughtfulness, with a decay of strength; sometimes a loss of appetite, and others the contrary. In women that have been long afflicted with the whites flowing in a great quantity, there is generally a soft and bloated habit of the body, a squalid and pale countenance, together with hysterical fits; a remarkable weariness and decay of strength; all which symptoms proceed from the same cause, from the poor dispirited nature of the blood, and a want of new chyle. These symptoms in progress of time, that is, when the distemper comes to be confirmed, are followed also by some others, such as thirst, a hectic disposition, atrophy, and wasting of the flesh, and the body by degrees is plainly brought to the highest degree of consumption, and often without any cough, or

scorbutical and hypochondriacal, was subject to a frequent bleeding at the nose from his twentieth year, so that he used to sustain a great loss of blood from the heat of his feverish habit, at least once or twice in a month, though it did not observe any certain periods, till at length the blood which was let out with a lancet, and that which he bled at his nose, appeared just like the water that flesh has been washed in. When he applied to me, he gave me to understand that he could not be freed from the returns of his bleeding, either by phlebotomy, the temporating juices, opiates, and incrassating medicines, a milk diet, antiscorbutic and chalybeate remedies, or by any other manner of medicines. He had
now

any other remarkable sign whatever of the lungs being affected.

This distemper is easily cured, if timely application is made, and the antecedent cause of it can be removed; that is, if the diseased state of the spermatic organs in men can be cured, and the whites in women: but when it comes to be confirmed it is plainly incurable. And therefore a prudent and honest practitioner, who is carefully concerned for his own reputation and the honour of his profession, will never undertake the cure of it, but ought rather to take his leave, after giving his candid prognostic; and although he may lose some fees, he will have the satisfaction to satisfy his own conscience, and be just to his art.

now all the appearance of an atrophy, and a true consumption of the lungs, together with a very great difficulty of breathing. I recommended him to take such food as is delicious, and affords a good juice, and that might prove most grateful to his palate and stomach, which, together with the prescriptions in the margin, restored him to his perfect health in the space of six months.

℞ Gum Ammoniac.

Sapon. Venet. aa drachmam,

Pulv. Rhæi, semidrachmam,

Bals. Peruvian. q. s. ft. mass,

In Pilul. No. xxiv dividend.

Sumat quatuor singulis noctibus hora decubitus.

IN ENGLISH.

Take of Gum Ammoniac,

Castile Soap, each a drachm,

Best Rhubarb, half a drachm,

Balsam of Peru, sufficient to make a mass,

and divide into twenty-four pills, of which

take four each night going to rest.

℞ Decoct. cinchonæ drach. decem,

Pulv. cinchonæ semi-drach.

Syrup. Balsam. drachmam,

Elix. vitriol. gutt. triginta,

ft. haust. ter in die sumendum.

IN ENGLISH.

Take of decoction of Peruvian bark ten drachms,

Powder of the same half a drachm,

N 4

Balsamic

Balsamic syrup a drachm,
 Elixir of vitriol thirty drops, to make a draught,
 one to be taken three times a day.

*Pro potu ordinari, fumat emulsio. preparat. de semin.
 papav. alb.*

IN ENGLISH.

For common drink, take an emulsion prepared from
 the white poppy seed.

C A S E IV.

A labouring man about fifty years old, having been tormented for the space of two years with an intolerable pain in his loins; in the beginning of the third year an inflammation seized on the muscles of that part, and an abscess formed in consequence.

When the matter was sufficiently formed, began to fluctuate, and this amazing tumor had advanced to maturation, a caustic was applied to the most depending part. When the opening was complete a great quantity, first of clear, then purulent matter, with some hundreds of little bags filled with a clear fluid, gushed out with great force. We brought away for the space of three weeks afterwards, every day on removing the dressings, great quantities of this matter,

ter, still accompanied with small bags filled with water.

From the first opening of the abscess his pains were entirely abated, and by the moderate use of opium he had convenient rest. But during the space of six months the discharge continued copious, and the opening had no tendency to heal. All this time the bark, and every internal medicine of the ingraffating and temperating kind was used, but seemed to take little or no effect on his constitution. A hectic fever and thirst now came on, he became very weak, and lost his appetite.

In this state of forlorn hope, it occurred to me to try a lime water blended in a decoction of sarsaparilla, prepared according to the form in the margin, for his common drink. In the space of thirty days, by the use of this drink, his fever and thirst went off, his strength increased, and his appetite began to return. In about two months from the time he began to take it, the ulcer was perfectly healed, and in three months more he grew fleshy, recovered his health, and was enabled to follow his usual way of life without the least sign of a consumption. Three years are since elapsed, and he enjoys his health very well. Two more similar cases

cases have lately occurred ; they were treated in the same manner, and with the same success.

Take of the best sarsaparilla, sliced, six ounces,
Stoned raisins half a pound,

After they have steeped over night in six quarts of spring water, boil them till the liquor comes to three quarts, then strain it. In this decoction quench one quarter of a pound of quick lime. After it is cleared by settling and impregnated with the lime, let it be poured off clear, and kept in bottles for use.

C A S E V.

Mr. Butler, Surgeon, of Ingatestone, in Essex, desired me to visit a Gentleman about forty years of age, who had for several years laboured under an atrophy, with hypochondriacal oppression, great melancholy and thoughtfulness, a decay and want of strength, and bloated habit of the body. Although his appetite was tolerable, yet the most delicious food afforded but little nutriment to replenish the impoverished state of his blood, and the dispirited tone of his nerves, on account of the digestive power of the stomach being destroyed.

There was a great hectic heat in his habit, without any cough or difficulty of breathing,

breathing, or any other remarkable affection of his lungs, but the whole system of his nerves seemed distempered.

He had formerly had a venereal complaint, of which he had been apparently cured, and ever since he gave me to understand he began to decline in his health.

His right testicle was very much wasted, and the spermatic chord so relaxed, that it hung down nearly to the middle of his thigh. His urine was generally very high coloured, remarkably hot, and without any kind of sediment.

I suspected this consumption, as soon as I examined his case, to proceed from the absorption of acrimonious matter from some of the internal glands, and accordingly we found the seminal gland, through which the seed vessels pass into the urethra, loaded with a sharp purulent matter, which kept up a constant flame in his whole system, with a total debility of the organs of generation.

When this stimulus was removed, by the continued use of a decoction of the China root and sassa internally, he was relieved from all his symptoms in about five or six months. However, in about eight months after he came to town and applied
to

to me again, saying that he had enjoyed a very good state of health ever since, till within the last month, when he began to feel some of his old sensations, and had some fears of a return of his disorder.

On examination, it proved that he was right in his apprehensions, but by recourse being had to the same means, he was soon again re-established. It is now three years ago, and when I saw him in the month of March last, he continued the enjoyment of health*.

C A S E VI.

A Gentleman in the thirty-fifth year of his age, who in the earlier part of his life had been afflicted with a *tabes dorsalis*, fell about this period of his life into an hæmoptœ,

* All consumptions proceeding from ulcers seated in any of the internal or external glands, if the aid of the healing art be called in before the gland becomes schirrous, will stand a fair chance of being cured, if the case is pushed on with all speed, by the internal help of proper remedies and the external applications of surgery. But when the gland has acquired a schirrous state, the patient is in time brought to the state of a *marasmus*, which is the last and most deplorable stage, and miserably ends his days.

moptœ, or a spitting of blood. By repeated and gentle bleedings with the lancet, and the use of astringent electuaries, a milk diet, and a due government in all things, the spitting of blood was perfectly stopped. But yet he still continued hectic, and was troubled with a dry cough. I therefore recommended him to continue his milk diet, to take small doses of an opiate electuary every night going to rest, and for his common drink an emulsion prepared from the seeds of the white poppy. Fearful that a consumption would follow, I advised an issue to be made in his arm, and to go into the country for the benefit of an open and clear air, and that he should use there the temperating vegetable juices. In the space of about three months he was surprisingly recovered, and in two months more, being tired of the country, returned to town, it being the winter season. But before the succeeding spring was far advanced, his spitting of blood returned by uncertain periods, at least twice in a month, generally about the full and change of the moon. I advised him again to go into the country, and the bark was given pretty freely, but a difficulty of breathing coming on, we were obliged to leave it off. The hectic fever
now

now returned, and in the space of two months more he died. Having obtained leave to open the body, I found the lungs amazingly swelled, the lobes full of tubercles, mostly ulcerated, and their whole mass had the appearance of soft dough, having lost all their organic texture*.

* Although I have had opportunities of seeing many persons in a consumptive state, and who have been subject to frequent spitting of blood on the least occasion, yet they have lived several years with due care and management, doing their usual business every day, though they have been sickly, had a cough, and some degree of difficulty in breathing, but at last it generally proved mortal.

But whatever has been the cause of this hæmoptical consumption, whether acute or chronical, it has, from the common observations of the ancient Physicians, especially Hippocrates, Galen, and Hoffman, been always reckoned amongst the number of the most fatal and incurable consumptions—and the more acute it is, the more dangerous.

For as the spitting of blood is the first occasion of this consumption, so, likewise, it is very apt in the progress of the distemper to return often, either from the taking of the least cold, or the committing of any error in diet, or from passions of the mind, &c. and every new spitting of blood pushes on the consumption to a fatal end.

C A S E VII.

A Lady thirty-six years of age, who had for many years been scorbutical, about three months after her lying-in, was seized with violent pains a little above her left groin, which gave way to the outward applications of anodyne liniments, and a few sudorific medicines internally. Upon which it happened about two months after, that she fell and dissolved into profuse and morbid sweats during the night; although her bed-clothes were lightened by degrees, these nevertheless continued for three weeks or more, with an extraordinary decay of her strength and pining away of her body. By the plentiful use of the Peruvian bark her sweats decreased, and she got much better. But although the relaxed cutaneous chimnies were stopped by tonic medicines, yet the new chyle, by reason of the acrimony that remained in the blood, could not be well assimilated and united to the mass.

The fresh nutritious juice attempted to find out a new channel, and to discharge itself by stool; and so in the room of her colliquative sweats, succeeded a looseness which

which proved equally bad, attended with griping pains, and the habit of her body seemed to advance every day farther into a consumption.

But when this door in like manner was barricadoed, by the use of opiates and cretaceous juleps, &c. the nutritious juice found out another way by the kidneys, whereupon the poor patient fell into a diabetes, which still promoted her consumption almost to the degree of a marasmus. But when the diabetes was overcome, by the use of mucilaginous emulsions and some astringents, at length her profuse and colliquative sweats returned again. As soon as the season was favourable, I desired her to go into the country, for the benefit of a clear and open air, where, by the use of her internal remedies, and a milk diet, the sweats entirely vanished, without any return of her former symptoms. But it was not a little extraordinary in this case, that during twenty days after (the consumptive disposition still remaining) she had a most copious spitting, similar to a salivation. In about three months more, with the benefit of the clear air, and continuing her internal medicines, the mass of blood became softened, and its acrimony corrected, and the col-

liquation

liquation of the nutritious juice was by degrees overcome; she now improved every day in her appetite, got fleshy, and perfectly recovered.

C A S E VIII.

A beautiful young Lady, in the eighteenth year of her age, from the suppression of her menses a long time neglected, fell into the green sickness, with all its usual symptoms, a pale and bloated look, head-ache, shortness of breath, weakness, lassitude, a slow fever, &c.

But before I was consulted, this virgin had advanced from an œdematous to a consumptive state, and the stuffing of her lungs was turned to a troublesome and dry cough, which gave me occasion to suspect that a true consumption of the lungs had been the product of the chlorosis. And I was still more confirmed in this opinion by the pains in her left side, with which the poor patient was almost continually racked.

These painful spasms in the sides I have observed almost always to accompany, or to be the forerunners of, a consumption of the lungs, whenever this distemper happens

to have its origin from the green sickness, or a melancholic and thoughtful mind. A long time before her spasms first seized her, she was confined to her bed, looking as if she had scarcely any blood, and emaciated to the degree of a marasmus with a hectic fever, languishing and without any appetite. And therefore, though the spasms in her side did indicate bleeding, yet her extenuated habit, and the little stock of blood that remained, a want of strength and a weak pulse, forbid it. However, we ventured to bleed her very sparingly, and by the use of antispasmodics, antihysterics, and gentle anodynes, with the diligent use of pectoral remedies, these painful spasms were taken off. And with the long use of chalybeate medicines in the form of an electuary, pills, wine, &c. which I always ordered to be mixed with her balsamic medicines, her whole cure was completed and finished, by the restitution of her monthly purgations. For after she was freed from her consumptive state, and the habit of her body began to be restored, and the vessels to be filled with good blood, it was an easy thing to open their obstructions with those very medicines which are so often tried without success, and even with disadvantage sometimes

sometimes to the patient, when in a consumptive and emaciated state. So that the whole business was crowned with success by gaining this point. My patient has ever since continued fresh and lusty, being married near four years, and mother of three children*.

CASE IX.

A Gentleman about sixty years old, who had been subject to have a good deal of acrimony in the fluids for many years before he consulted me, was for the last three summers troubled with a continual heat and burning of his loins and limbs; by which it came to pass, that he was plainly exhausted, and brought almost into the state of a marasmus, by profuse and colliquative sweats, which attacked him mostly in bed,

O 2

with

* It is well enough known to all those that have but a little skill in physic, that the obstructions of the menses are most commonly the original of the consumptions in the female sex. And I have seldom seen any women that were capable of the monthly purgations, either virgins, married women, or widows, who ever fell into a consumption, without an obstruction of these monthly discharges coming upon it, either in the beginning or at least in the progress of the distemper.

with restless nights. But in the winter time he was tolerable, being in some measure freed, as well from his heat, as from his sweats: but he never mended in his meagre visage.

In the summer when he first applied for assistance, the burning in his loins and profuse sweats were so much increased, that he could not lie in his bed to sleep, but used to sit up in an armed chair all night. About two months previous to his coming, he had suffered severely from a caustic bougie, that had been introduced into his urinary passage, with a view to remove a supposed obstruction, by a certain Surgeon, which brought on great inflammation on the fine membrane that lines the urinary tube, and communicating to the neck of the bladder, he had nearly lost his life. The bark was tried in different forms, in hopes to quench the flame of his blood and spirits, but his stomach could not bear it; each dose was either very soon cast upwards, or went presently downwards, although it was combined with opiates. We soon tried a strong decoction of the grey nicker with colomba, of which he took a draught three times a day; finding it to agree so well with his stomach, the quantity was increased, and
in

in the space of thirty days the sweats had entirely vanished, and his nights became comfortable.

The complaint of his urethra, which had been considered as an obstruction, proceeded from the morbid state of the humour in the seminal gland, and also gave way when the cause was removed.

In about four months he perfectly recovered his strength and spirits, and the swelled legs, to which he had been so long subject, became reduced to their natural size. Three years are now elapsed, and he continues to enjoy the blessing of health.

The following is the Extract of a Letter from Anthony Gordon, Esq. Captain of the Invalids at Alderney, who had long laboured under a nervous disorder, and before the Author was consulted it had terminated in a species of palsy. The principal internal remedies that were administered in the treatment of his case, were a strong decoction of the grey nicker with colomba, and at intervals an infusion of the quassia. The patient was in the fiftieth year of his age.

" Alderney, April 5, 1799.

" DEAR SIR,

" It is with heart-felt pleasure I take up my pen to give you the pleasing information, that I continue to enjoy very good health, and a perfect freedom from a return of the paralytic symptoms, with which I had been so severely afflicted for upwards of two years.

" During the last year, my speech became so affected that I could not articulate words, and could not support myself in an erect posture without crutches. A general tremor seized me whenever I attempted to move or rise from my seat, and the tone of my nerves seemed entirely gone. Before I made application for your assistance, I had tried the waters of Bath and Buxton, and a long course of electricity, but all to no purpose. It is my desire that you will make my case as public as you please: and I shall always feel happy, either personally or by letter, to give every information in my power, if it can prove to be of the least benefit to any other unfortunate sufferer, who may labour under a similar affliction. And I shall avail myself of every opportunity to demonstrate my gratitude for the advantages

advantages derived to me, through your skill in the restoration of my health.

I am, dear Sir,

Your most obliged
and obedient Servant,

ANTH. GORDON,
Captain of Invalids, Alderney."

The Author could add a number more histories of Cafes selected from his written repository, similar to those stated in the last Section, but it would swell the work to unnecessary bounds.

PART VII.

The Practice of the Author.

THE cause of some disorders it is very difficult to trace ; their indication is therefore not easily determined, and the manner of treating them not readily ascertained, till after considerable practice in their different varieties ; they may then be easily cured when those things are settled. But this is not always the case with a dorsal consumption.

The cause of this malady must be well ascertained, the first symptom whereof is a general weakness of the nerves ; the indication is easily determined, nor can the manner of treating it admit of any debate, but frequently the best methods have proved unsuccessful ;

unsuccessful ; for this reason it cannot be too minutely described. A general relaxation of the fibres, a weakness of the nervous system, an exsiccation of the fluids, are the causes of the disorder. It depends upon a weakness in all these parts. To restore the patient his strength is the grand indication.

There are subdivisions drawn from different weakened parts of the human body, but the same remedies are not proper for all. It would be useless to enumerate them here. I have already mentioned some in the observations. It is no way difficult to administer strengthening medicines, but fatal experience has manifested to the greatest Physicians the disappointment of their effects.

It is very easy to diminish the natural powers, but there are but few remedies capable of restoring them.

This may be easily comprehended, when we consider that aliments and remedies are nothing more than instruments, which nature uses to support herself, repair her losses, and remove those irregularities which happen in the body. And what is nature ? the aggregate powers of the body harmoniously distributed. It is the vital strength properly communicated to the different parts.

When the powers are exhausted, nature is then defective, the working architect no longer performs his functions ; give him all the materials you please, he is incapable of using them. He may be buried with the edifice under the stone, wood and mortar, without his repairing a single inch of the fabric. It is the same thing with disorders incident to the human body. Aliments and medicines will be of little avail, unless administered by a skilful hand. I have met with stomachs so weak, that they made no more alteration upon aliments than a wooden vessel ; sometimes they make their way, according to the laws of specific gravitation, and when a new dose irritates by its weight the stomach, they are frequently voided. At other times, by making a long stay, they corrupt and are discharged upwards. Little can be expected from aliments in cases of this sort. There are many whose powers are only weakened without being totally destroyed ; these patients have quick resources both in aliments and remedies. The remains of nature draw from the first, and the latter properly recommended, to animate this principle of vital action. Such are the foreign succours with which the architect is assisted to pursue his work, and exhaust as little

little as possible of his strength. The weakness not unfrequently produced by secret venery has started difficulties in the choice of remedies, which does not so often occur in other cases. Besides, internal remedies alone will not always perform the cure.

When they are to be exhibited, we should avoid such as are irritating or stimulate to lasciviousness. It is a law in animate mechanics (so different from inanimate mechanics, and so little subject to the same rules) that when motions are increased, the increase is more considerable in those parts which are the most susceptible of it; and those in such cases are the parts of generation; therefore the effects of irritating remedies are the most sensibly felt in those parts, and much circumspection is required with regard to the means that are used to prevent the dangerous consequences of them. I shall consider these consequences, after having taken a short view of the regimen usually followed; and let us first make a division of the six non-naturals, viz. air, aliment, sleep, exercise, natural evacuations, and passions.

Air has an influence over us as water has upon fishes, and still much greater. It is, therefore, very important in some cases to
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desire one air sooner than another. The effects of this element may be readily comprehended by those who have once in their life time entered a chamber, which is inhabited without being aired; those who have passed over marshes in times of excessive heat; who have inhabited low grounds surrounded on all sides with eminences; those who have quitted a populous city, and retired into the country; who have respired the air at the rising of the sun, at noon day before or after rain; every such person, I may say, will easily perceive what influence the air has upon our health.

“ *Temperie cœli corpusque animusque juvatur.*” Ovid.

Weak people have more occasion for pure air than others; this is a remedy, and perhaps the only one, that operates without the assistance of nature, or employing her powers; and therefore particular attention should be paid to it. A dry and temperate air is the most agreeable, a moist or too warm one is pernicious.

I have had patients of this kind who were totally exhausted by great heat, and whose health in summer varied according to the heat or coldness of the day. A sharp air is
not

not necessarily so dangerous as the opposite ; heat relaxes still more the fibres that are already relaxed, and dissolves the humours that are already too much melted ; cold on the contrary rectifies these two ills. When the ancient Caribbean Indians were seized with a palsy, after those violent convulsive cholics, to which the natives of the torrid zone are subject, and when they could not be conveyed to the hot baths in the northern parts of Jamaica, they were, however, sent to some place that was colder than their own country, and this change of air was always favourable to them. It is another essential quality of air not to be filled with noxious particles, nor should it, by having remained in populous places, have lost all that vivifying quality wherein consists all its efficacy, and which may be called the vital spirit, equally essential to plants as well as animals ; such is the air we respire in a fine country, that is well strewed with herbs, trees, and shrubs.

The air of a city which is incessantly inspired and expired, continually filled with a multitude of vapours and infectious exhalations, unites the two defects, namely, having too little of this vital spirit, and having too many noxious particles. That
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of the country possesses the two opposite qualities, which may be termed a virgin air, an air impregnated with every thing the most volatile and agreeable, the most cordial in plants, as well as animals, with the vapour of the earth, and is of itself very salubrious. But it would be needless to fix on a particular residence or air, for every patient does not require it.

With regard to aliments, a good deal will depend on the circumstances of the patient's case; two rules however may be laid down; first, to take no aliments but such as comprise much nourishment and small bulk, and which are easily digested. Sanctorius says, "*Coitus immoderatus postulat cibos paucos et boni nutrimenti**". We ought to avoid all those that are acrid. It is necessary to restore to the stomach all its powers, and nothing destroys more the strength of the animal fibres, than forced extension; so that if the stomach is dilated by the quantity of aliments, it must be daily weakened; besides, if it is too full, weak people are uneasy, oppressed, feeble, and melancholy, whereby all their ills may be increased. These two inconveniences may be prevented,
by

* Sect. 6. Aph. 22.

by chusing fresh aliments, and by taking only a little at a time and frequently.

It is necessary that they should yield whatever is nutritious in them. The stomach is unable to digest what is difficultly digested. Its extreme languid action, in some cases which I have met with, would be totally destroyed by aliments, either too hard or liable to diminish its strength. Upon these two principles a catalogue might almost be formed of those which are proper in some of the species of consumption, and of such as should be excluded. In the last class are all those meats which are hard, and difficult to be digested, as all kinds of pork, meat of old animals, those hardened by art, either by being salted or smoked, a preparation which renders them acrid.

All meat that is too fat; all other greasy meats whatever, which relax the fibres of the stomach, diminish the action, already too feeble, of the digestive moisture, remain undigested, promote obstructions, and by their stay acquire an acrid quality, which by continual irritation occasions uneasiness, pains, want of rest, anguish, and sometimes fever.

Indeed there is nothing which persons troubled with indigestion should abstain so much

much from as every thing greasy. Paste, that has been fermented, especially when hardened with grease, is another kind of aliment much too strong for a weak stomach. Pot herbs inflate and distend, and thereby confine the circulation in the adjacent parts; they are therefore equally obnoxious, as are in general all kinds of cabbages, husky vegetables, and those which have an acrid taste and smell, which last quality renders them pernicious, independent of their windy tendency. Those fruits which are found to be most salutary in inflammatory fevers and obstructions, particularly those of the liver, and various other disorders, are improper in this case; they weaken, relax, and enervate the powers of the stomach; they increase the dissipation of the blood, already too aqueous in most of those cases, and when badly digested, ferment in the stomach; and this fermentation unfolds a surprising quantity of air, which produces enormous distentions, that entirely interrupt the course of circulation.

Patients labouring under some of those disorders are affected much in the same manner as lying-in women. I have seen such who have eat fruit after lying-in so afflicted, that their belly was so much stretched as to
become

become livid, and their pulse scarce perceptible. Fruit leaves also in the first passages an acrid principle liable to produce many accidents, most patients therefore should abstain from them. Raw garden-stuff, vinegar, verjuice, &c. are all attended with the same inconveniences, and should also be excluded. This is a long catalogue of forbidden aliments, but that of allowed aliments is still longer: I include all young meats, that have had good pasturage, and been well fed, particularly all white meats, such as veal, poultry, &c. Game, without being absolutely forbidden, is not to be allowed too frequent. Fish is in the same predicament. But in particular stages of the disorder some species of fish will be highly proper. It is necessary not only to be careful in the choice of meats, but they should also be properly prepared.

But I generally advise mingling a proper vegetable with an animal diet. The best of the former are the tender roots, the herb succory, artichoke stalks, the potatoe and asparagus. There are others which, though very tender, are prejudicial, because they are too cooling, and thereby deaden the strength of the stomach. I have had patients who have lived a long time on mealy

P

grain

grain prepared and dressed in milk, with lean meat broth; this makes an aliment that is not to be rejected. It comprises all that is nutritious of the two classes, and the mixture prevents the ill effects of either aliment singly; the broth prevents the meal from turning sour, and the meal prevents the broth from rotting. It is well known, that disorders are more malignant in particular parts of Europe than others, and I am not without my fears, that it arises from eating more meat and less vegetables. But what I have said with respect to fruit, I wish to be understood, that when the patient's stomach has acquired some strength, it may from time to time be used in small quantities, when it is thorough ripe. Those that are the most watery are the most exceptionable. Eggs are a nutriment in some degree of an animal kind, and very essential; ~~most~~ are great strengtheners, and are easily digested, provided they are almost raw; for as soon as the white is hardened, they will not dissolve, but become heavy, hard to digest, and will not separate; they are then proper aliment for those stomachs that are too quick in digesting, but not for those who do not digest. It is a very good way to eat them sometimes as they come from the
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the hen, without any dressing, or to eat them in the shell after dipping them two or three times in boiling water, or dilute them in warm broth without boiling; the milk of some animals makes the last kind of aliment; this fluid includes many desirable qualities, without any of the inconveniences that are to be feared. It is the most simple and the most easily assimilated. It repairs the quickest, being entirely prepared by nature. It nourishes the gravy of meat, and is not so susceptible of putrefaction. It supplies the place of both aliment and drink. It promotes all kinds of functions. It prompts to easy sleep. In a word, it is fit to fulfil most indications. But it requires in some constitutions a particular attention to other species of regimen whilst taking it. The stomach should have no operations to perform at this time, the least surcharge, the slightest indigestion, leaves a principle of corruption, which immediately corrupts the milk, and from one of the most wholesome aliments, it may be rendered a kind of poison, and become very pernicious.

Before I dismiss the subject of aliments, I should introduce Horace's advice, who has given us strong proofs of his great skill as a Physician, as well as the greatest Poet

of his time. What is a Physician but a man of experience? And without that, no emblazoned titles whatever can make him one.

“ ——— nam varia res,
 “ Ut noceant homini credas, memor illius escæ,
 “ Quæ simplex olim fedit; ad simul affis
 “ Miscueris elixa, simul conchyliæ turdis,
 “ Dulcia se in bilem vertent, stomachoque tumultum
 “ Lenta feret pituita.”

With regard to sleep, we will reduce it to three articles, its length, the time of taking it, and the necessary precautions to enjoy it with tranquillity. Seven or eight hours sleep are sufficient for adult people. It does no good to sleep more or continue longer in bed.

If any one indulge beyond this time, it should be those who take violent exercise in the day. But in general, those are not the people who addict themselves to it. On the contrary, the most sedentary people are the fondest of their bed. I generally advise this term never to be prolonged, unless a person is come to that pitch of weakness, that he has not strength sufficient to remain long up, and in this case he should keep out of bed as long as he could; the rest is
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the sweeter and the more refreshing after fatigue.

It is demonstrable, that the night air is less salutary than that of the day, and that weak people are more susceptible of its influence at night than in the morning; we should therefore consecrate that time to rest, when we are confined to a small part of the atmosphere, and which we equally tend to corrupt; that time when the air is the least salutary, and when unwholesome air would be the most obnoxious to us; it is useful therefore to go to bed early, and rise soon in the morning. This precept is too well known, and trifling here to repeat it, but its importance is infinitely great to valetudinarians. No person can ever sleep sound, unless he is free from all causes of irritation. This is too often the case in disorders of the feminal vessels. It is of much consequence not to have a full stomach going to rest, this disturbs sleep, renders it more uneasy, painful and burthenfome. A depression of spirits, weakness, distaste, weariness, and a kind of incapacity of thinking or application the next day, are sometimes its inevitable consequences.

With regard to exercise, it is often disagreeable to weak people, especially if they

have a melancholy turn, and it is very difficult to make them use it; nothing, however, conduces so much to increase all the disorders that arise from weakness, as inactivity; the fibres of the stomach, of the intestines, and the vessels are relaxed; the humours stagnate in all parts, because the solids are incapable of impressing the necessary motion on the fluids; hence arise obstructions, overflowings; concoction, nutrition, and the functions are not performed; the blood remains aqueous, the powers diminish, and all the symptoms of the disorder may increase. Exercise in some cases prevents all these ills, by increasing the strength of the circulation; all the functions are performed as if real strength assisted, and this regularity in the functions soon communicates strength itself, so that the effect of exercise is to substitute strength and to restore it. Another advantage that arises from it, independent of the increase of circulation, is, that it makes us constantly enjoy a new air.

A person who remains in the same place soon spoils that which surrounds him, and it becomes obnoxious to him; a person in action continually diversifies it.

Exercise in some cases supplies the place of remedies, but all the remedies in the world cannot supply the place of exercise.

The

The exercise to be recommended will depend on the nature of the patient's case. The exercise mostly recommended is that of foot, and horseback, but the latter is highly pernicious in disorders of the seminal vessels, and the former must be used very gently. When these are not affected, such exercise is proper, especially if the viscera of the abdomen and stomach are sound. If that should be the case a carriage is to be preferred. The recovery of appetite, sleep, and gaiety, are the usual consequence of exercise, but it should be cautiously observed, to take no great exercise immediately after eating, and not to eat whilst the patient is still warm with exercise; this should be taken before a meal, and some intermediate time preceding eating.

With regard to evacuations, as these are disturbed with the other functions, their irregularity increases the disorders of the whole body : It is therefore highly necessary to attend to them, in order to prevent other ills that may arise. Those which require our principal care, are stools, perspiration, and the spittle. The best method of supporting them, or of restoring them to their proper state, is to pay proper attention to the regimen. The irregularity of evacuations some-

times forms the barometer of the best or worst state of digression.

That which is the most important to assist, is the perspiration, which is easily disturbed, especially in weak people. It is favoured by rubbing the skin with a flannel or flesh brush; when the perspiration is languid, it is the best method to cover the body with flannel. Too many clothes should be avoided, lest the patient should sweat, which is always prejudicial to perspiration. The strainers being forced are more enfeebled, and afterwards perform their functions worse.

Too little clothing is as much to be avoided, as the cutaneous evacuation might thereby be prevented. The parts which every one, but particularly weak people, should keep warm, are the feet. The preservation of the whole machine depends a good deal upon this precaution. The feet being frequently cold, tend to bring on very often the most obstinate chronic disorders.

There are many people who are by this means soon afflicted with other complaints, particularly such who are troubled with disorders in the stomach, cholics or obstructions. These are the most liable to such effects. We read in the accounts of the sacrificing

crificing priests of old, who constantly walked barefooted on the pavement of the temple, that they were frequently afflicted with violent cholics.

The saliva or spittle sometimes separates very plentifully with weak people: The relaxation of the saliviferous organs prompts them to this copious secretion. If the patient spits incessantly, two evils result therefrom, one is, that they drain themselves by this evacuation; the other is, that this humour, which is so necessary in the work of digestion (without which it is only imperfectly performed) is wanting therein, and becomes thereby painful and bad. The inconvenience arising from bad digestion renders it useless to dwell upon those evacuations which conspire thereto.

I have already given a few hints, in another part of this work, of the dangers resulting from it.

With regard to the passions, it is well known, the strict union there is between the mind and the body, it is evident how much the well-being of the latter depends upon the former. I have painted the serious effects of this in the Chapter, giving a general view of the symptoms sometimes attending on a Tabes Dorsalis; it would be therefore superfluous to add any more upon that subject.

subject. The disagreeable sensations of the mind cannot be too much avoided. It is of the utmost importance to procure agreeable ones in all disorders, but especially those, which like the *Tabes Dorsalis* incline of themselves to affect the nervous system in a peculiar manner, and by a vicious rotation untones, and unmans the powers of the body.

With regard to the remedies made use of in these complaints, I shall conclude these cursory remarks, by observing those that should be excluded, and the nature of such that are useful. Of the former, all such as are of an irritating quality, hot and volatile. There is another class which is very opposite, yet equally dangerous, namely, evacuations, sweats, salival discharge, and copious discharges of urine; all these drain the patients.

All remedies that excite them should be excluded. The evacuations of the first passages are to be considered. The indication being to restore the powers, in order to judge if they are proper, it is only necessary to know if such evacuations fulfil our intent. There are some cases where evacuation assists us in restoring the lost powers, and there are other cases where it destroys them. People in the situation I have so often mentioned,

tioned, are very different from those disorders incident to vigorous persons, who have rigid fibres and a strong circulation; our patients are generally in the opposite predicament.

Those who endeavour to cure these complaints by evacuation will be much disappointed; besides, no internal remedy alone will, in numbers of cases, complete the cure, and restore the patient to his pristine health, when the seminal vessels are found to be in a morbid state. Such remedies as evacuate the first passages, fortify while they remain in those parts; where there is a considerable collection of matter, that its bulk constrains the functions of all the viscera, or where there is in the first intestines putrid matter, which usually occasions great weakness; in such cases evacuants may be used, if there is no contra indication, if there is no other method of discharging the first passages, or if there is reason to apprehend they will not be speedily evacuated.

These conditions are seldom met with in those labouring under the *Tabes Dorsalis*, with whom weakness and the atonia of the first passages are contrary indications, which for the most part appear against purgatives.

Strengthening

Strengthening remedies, that are not astringent, may be frequently used to promote gentle evacuations, and such nutriment exhibited as are of easy digestion, as by giving the organs fresh play we shall reap a double advantage, viz. that of digesting what is digestive, and evacuating what is superfluous. A speedy evacuation is seldom wanting; this is, however, sometimes the case in violent disorders, the acrimony of the matter, which is increased by heat, and the prodigious re-action of the fibres may occasion violent symptoms, which never occur in languid disorders, in which what are properly called evacuants are, by reason of the return of the disorder, seldom or ever so requisite, and are, as I have said before, a contra indication. The atony and its activity are the causes of the gathering when it takes place: If it is carried off by a purgative, the effect is dissipated, but the cause which produced it is often greatly increased; there is the existing complaint besides that which the remedy produced to be removed, and if this is not speedily done, fresh complaints arise faster than before.

If purgatives are repeated, the evil is once more increased, moreover the bowels contract a supineness which prevents their
performing

performing their natural functions, and the patients at length, from a coſtive habit of body, can have no evacuations but what are produced by art. In a word, purgatives to weak people, who have any ſtoppages in the firſt paſſages, only diminifh the effect by increaſing the cauſe ; they are eaſed for a moment by increaſing the diſorder. This method nevertheless I have found, by patients who have applied to me for aſſiſtance, is but too much followed. We all wiſh for ſpeedy relief from diſorders, and provided the powers are not too much diminifhed, they find eaſe for a few days, and the Phyſician may attribute it to the inſufficiency of the remedy, rather than to its operations. It is of great conſequence to phyſic, as well as morality, to know how to ſacrifice the preſent for the future ; by neglecting this rule we may ſee numbers of unhappy objects and valetudinarians. Great care therefore ſhould be taken, leſt thoſe ſymptoms, which ſeem to require evacuants, do not riſe from a cauſe which ſhould be treated in a very different manner. Evacuants ſhould be very ſeldom uſed in this diſorder.

After having given a few hints at what ſhould be avoided, the next is what is to be done. I have deſcribed the qualities of the
remedies

remedies for this purpose, they should fortify without irritating.

There are some which may fulfil both these indications, but the catalogue is not very numerous. Every one knows, that the (quinquina) or the Peruvian bark is the best fortifier we have in the list of medicines. And it is not a little extraordinary to find, that it so often disappoints our expectations in these cases.

I have had patients, who had taken some pounds of it before they applied to me, and who observed, that they found themselves worse instead of better. This medicine has for a century or more been considered, independent of its febrifuge virtue, the most powerful strengthener and calmer: and the most celebrated Physicians consider it as a specific in nervous disorders.

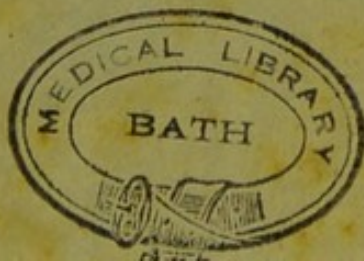
The internal strengthening remedy I make use of in general, is the Grey Nicker, and the Colomba root, added to which occasionally some of the reviving gums of the East: the former frequently in decoction by itself. I have seen happy effects from them, after the bark and every other remedy had increased the symptoms.

They are strengthening, sedative, and febrifugal; they diminish the nervous heat;
I
and

they calm the irregular motions, produced by the spasmodic disposition of the nervous system; they fortify a weak stomach, and dissipate its attendant pains. They restore appetite, they facilitate digestion and nutrition, they promote all the functions, and particularly the insensible perspiration, which renders them so efficacious in all catarrhus and chronical disorders.

FINIS.

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